

ROB ON SUICIDE WATCH



AWWW! DADDY'S LITTLE GIRL

PEOPLE EXCLUSIVE PICS!



1D CRISIS! IS HARRY NEXT?



FLAB TO FAB ABBY'S QUEST FOR LOVE



CINDY'S SEXY SEE-THROUGH SHOOT

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'I STARVED MYSELF TO 31KG'



TUMOUR FACE BOY DESPERATE FOR TREATMENT

HOT & NOT-SO-HOT BIKINI *Bods!*

PLUS 5 DIETS CELEBS SWEAR BY!



WINTER FASHION HOTLIST

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DANGER AHEAD! GET THE DOPE ON DRUGS

PEOPLE EXCLUSIVE! PICS!

PICS: GREATSTOCK



Make Up Your Mind, Khloé!



GOODNESS gracious – we just *can't* keep up with you, **Khloé**! One day it's **French**; the next day, **Lamar**. Then **French**. Then **Lamar** again. Then *back* to **French**! You're worse than an episode of *The Bold And The Beautiful*! Pick one already and be done with it. Or marry both! Whatever! Just do something to put this matter to rest! **Khloé** and (for now) **French** were spotted spending some quality time together at **P.Diddy**'s house in Miami Beach. And of course they were lovey-doveying it up, what with some hand-holding and even a bit of leg-grabbing by **French**. The couple was evidently very happy in each other's company, so naturally the next time we hear of them, they'll have broken up.

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Not 'Just *F.R.I.E.N.D.S*'

THERE is no better way to move on from one love than with another. *Cougar Town*'s **Courteney Cox** has done just that and was spotted with her new fiancé **Johnny McDaid** at Disneyland enjoying the rides with her daughter Coco. The proof that former love **David Arquette** is a thing of the past is that Disney Resorts were some of the ex-couple's special places. **David** set tongues wagging on the **Howard Stern** show when he admitted he had tried to get back together with **Courteney** in 2011 at Disneyworld. "Listen, I tried to f*** her, and she doesn't even want me," he told **Howard** and his crew. "Oh, that's probably something I shouldn't have said," he added regretfully. But why, **David**? We doubt Shakespeare could have put it any better... But while the Disney magic didn't work for **David** it did clearly work for **Johnny** who looked very close to his lady love and her little daughter.

PICS: GREATSTOCK

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ON SALE NOW

#What's Trending

BY ANGELA BEKIARIS

Monday: #MCM (Man Crush Monday)

ISN'T **John Legend** just such a cutie? With his amazing talent, hit music and sexy smile, we melt every time we see him. **John** recently revealed how seriously he takes his health with regards to his career. "I have to treat my body right. I work out, I drink a lot of water, I drink much alcohol at all, don't do any drugs or smoke or anything, so I'm very clean, on tour especially," he said. "As a vocalist, your body and your health really dictate the health of your voice, so you can't treat your body poorly. My voice can't hold up right if I treat it badly."



#JobWellDone

PICS: WWW.ELITEPHOTOAGENCY.COM

Tuesday: #TBH (To Be Honest)

KENDRA WILKINSON has finally admitted that her marriage is 'potentially over', but we have to say, we think this star will say anything to make money, happily married or not! We don't even think her 'marriage' to **Hank Baskett** has been a marriage at all. But hey, that's just our opinion!



#JustBeingHonest

Wednesday: #WCW (Woman Crush Wednesday)

WE are crushing on **Khloé Kardashian** these days like never before. This **Kardashian** sister has really turned into a stunner, and seems to be in the best place right now. We love her new hot body, her gorgeous blonde locks and, well, just everything – from head to toe. It's about time someone showed **Kim** who's boss!

#KhloéIsAHottie

Thursday: #TBT (Throwback Thursday)

NICK CANNON and **Mariah Carey** reunited for Easter Sunday – to treat the kids to an Easter egg hunt. While in the process of a divorce, they put their differences aside to spoil the kids on the special holiday. We throwback to their wedding day on April 30, 2008, and still can't believe they've called it quits.



#HollywoodMarriageGoneWrong



Saturday: #SS (Shirtless Saturday)

THIS week we are literally drooling over a shirtless **Zac Efron**, and hope he makes more movies that require him to go topless! The former *High School Musical* star has grown into *such* a gorgeous man – and what with that to-die-for face and jaw-dropping body, he always has our hearts missing a beat.

#GrownUpAndGorgeous

Sunday #SS (Sore Sunday)

THE saddest news in Hollywood at the moment comes from the **Kardashian** household, believe it or not. The whole family – and all us fans – are really worried about **Rob Kardashian**. For a while now the reality star has been suffering from depression and substance abuse. Now it looks like the star may be contemplating suicide, with rumours of mom **Kris Jenner** organising an intervention (turn to page 14 for more on this story). We hope **Rob** gets the help he needs before it's too late.



#RobCan'tKeepUp

Friday: #FFF (Fun Fact Friday)

ALTHOUGH it's not recognised in the US or Canada, May Day – which is coming up on May 1 – is one of the biggest public holidays elsewhere in the world. Originally a pagan celebration called Beltane (which translates roughly to 'day of fire'), May Day is observed as 'Labour Day' or 'International Workers' Day' in many countries, and street demonstrations and marches organised by working people and their labour unions are common.

#FactsAreFun

Ed's Letter



HI EVERYONE!

WITH the Easter holidays over, it's now back to work and back to our weekly deadlines! GRRRR! And back to gridlock traffic as the kids return to school... But not to worry, this week's **people** has some juicy stories! So, take a break, put your feet up and enjoy another fabulous issue of our magazine. It's guaranteed to take you away from all your daily stresses.

The talk in the office this week is of **Amber Rose**, the curvaceous beauty who was spotted topless. Obviously we couldn't publish the pictures but we've featured the ones with her bum sticking out, and all I can say is: Cover up, girl!! Plus, we managed to get some new celeb bikini pictures and I must say, most of the stars pictured are looking damn good – see for yourself on pages 16 and 17.

We also have **Cindy Crawford** doing a fashion shoot and oh my, is she looking hot! Turn to page 6 for these sizzling pics.

And how surprising – **Kanye West** was spotted bonding with **North** on the beach, and looking at the pictures, he actually looks like he's loving life and enjoying his baby girl. Turn to pages 9 and 10 to see these lovely exclusive shots.

I just love reality shows, and the latest one I'm enjoying is *Dance Moms*. **Abby Lee Miller** is crazy, and the way she screams at the kids and the parents is just mindboggling! But it does keep us entertained! Turn to page 78 to see why **Abby** has dropped 18kg.

Enjoy!

Andrea

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Spotted

BY PEARL MPHUTHI

PICS: GREATSTOCK







PEOPLE EXCLUSIVE! PICS!

How Cindy Got Her Groove Back

WE haven't heard much about her for a while now, which is strange because there's no doubt **Cindy Crawford** is one of Hollywood's most celebrated fashion icons. But recently she was spotted showing off her timeless beauty on an exclusive beach shoot in Malibu. The catwalk queen donned a sheer see-through dress, which was a jaw-dropper for the photographers (and us!). **Cindy** has campaigned for famous brands like Versace, Escada and beauty label Revlon, and who can ever forget her first *Vogue* cover shoot, which kicked off her long and successful career!









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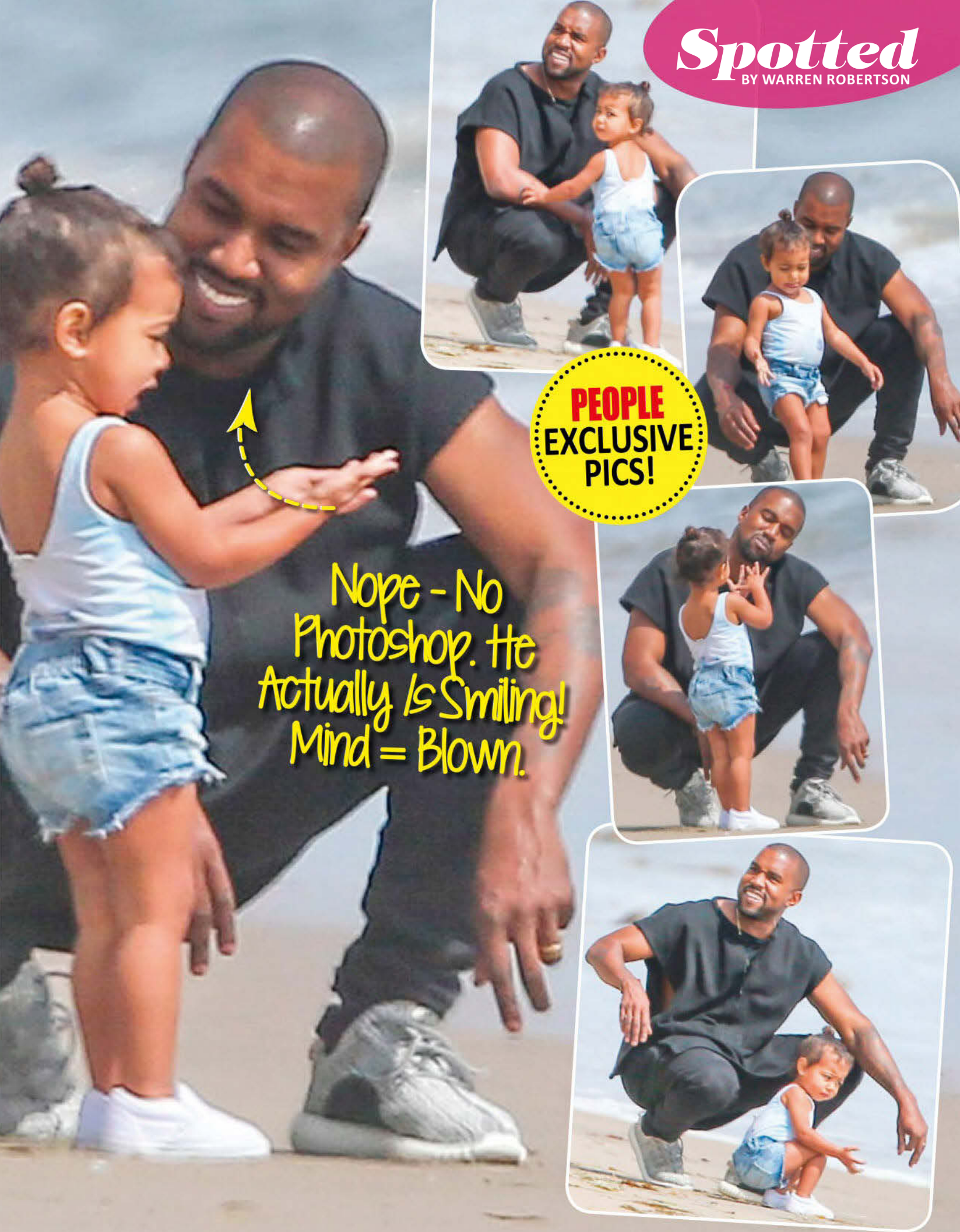
Boehringer Ingelheim

Bonding At The Beach. Awww!

KIM KARDASHIAN and **Kanye West** decided spontaneously to take their daughter for a walk on the beach, dressed perfectly for any watching paparazzi, but not all ideally for the beach. The couple had just eaten lunch at Nobu and nipped down to the shore for a post-meal walk in Malibu, California. **Kanye** was decked out in his usual black clothes, and daughter **North**'s hair was beautifully done up, although her outfit consisting of a white tank top, denim shorts and white trainers seemed geared more for comfort than style – unusual for the super style-conscious parents.

Even more bizarre, however, was **Kim**'s 'beach' outfit of heels and a tight skirt, which probably explains why she opted to watch from a distance as **Kanye** took their daughter down the hill to see the surf up close. Little **North** was initially suspicious of the waves, but was soon having a whale of a time. Not as good a time as her father, though! Can you actually believe that smile? We're not even sure he looked like that on his wedding day!

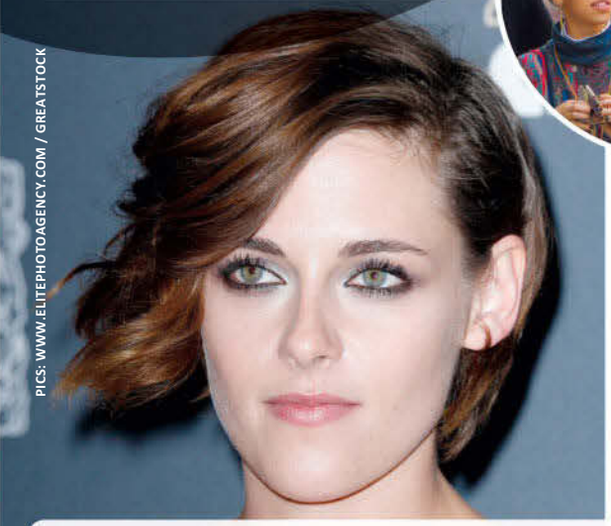
PICS: WWW.ELITEPHOTOAGENCY.COM


PEOPLE
EXCLUSIVE
PICS!
Nope - No Photoshop. He Actually Is Smiling! Mind = Blown.

Juicy Gossip

BY ANGELA BEKIARIS





PICS: WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK

Rob's Still Turning Heads

WOULD someone please tell **Rob Lowe** that he has to age like the rest of us! The Hollywood hunk was seen hitting the beach with wife of 25 years Sheryl Berkoff, in Maui, Hawaii, recently and he is *still* rocking a gorgeous body. Looks like the 50-year-old – along with his toned torso, sexy orange swimsuit and stylish shades – will be turning heads for many more years to come.

PEOPLE EXCLUSIVE PICS!



Kristen Angry Over Rob's Engagement

KRISTEN STEWART and **Robert Pattinson** might have called it quits nearly two years ago, but sources say the actress is 'beyond angry' over his recent engagement to girlfriend **FKA twigs**. "She says she really doesn't care at all about this, but everyone knows that's not the case," an insider reveals, adding, "**Kristen** was with **Rob** for several years and he never gave her the option of marriage. Every time she tried to bring it up he would always shoot her down and say he was not ready. The fact that he's now all-of-a-sudden ready just really annoys her." **Kristen** and **Rob** hooked up while filming the *Twilight* series and were together for four years. "She really wonders if part of the reason he got involved with **FKA Twigs** so quickly is to get back at her," adds the source.

Celeb Birthdays This Week...

April 10: **Mandy Moore**
April 11: **Jeremy Clarkson**
April 14: **Sarah Michelle Gellar**
April 15: **Emma Watson**



PEOPLE EXCLUSIVE PICS!



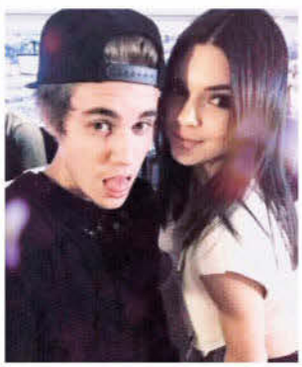
Will Daniel's Knee Surgery Affect *Spectre*?

JAMES BOND'S **Daniel Craig** has just undergone knee surgery, and while of course our main priority is for him to get better, what we're *really* worried about is whether it will affect new Bond movie *Spectre*! "During a scheduled break, **Daniel Craig** had arthroscopic surgery to repair his knee injury," the rep told the BBC. Insiders explain that the 47-year-old actor had the minor procedure done in New York during a break in filming over Easter. But sources say the actor should bounce back in no time, and Eon Productions has denied that **Daniel** missed several days of filming for the 24th instalment in the series. *Spectre* is set to release in cinemas in November this year.





GET THE GOSSIP FOUR DAYS BEFORE THE MAG REACHES THE SHOP! TURN TO PAGES 14-15 FOR MORE.





More Stylish With Age

KATE MOSS was recently spotted doing some shopping in Mayfair, and looking rather sophisticated, at that. The usually casual star was sporting a very conservative yet stylish look for a change, and we have to admit, it suited her. Guess the model has realised she can still turn heads at her age, dressed appropriately. Well done, **Kate** – it's about time. We like it!

Bruce Furious Over Kendall & Justin

BRUCE JENNER has come to terms with the fact that his gorgeous 19-year-old daughter **Kendall** is a supermodel these days, but he doesn't seem to be happy about her 'brat' friend **Justin Bieber**. According to recent reports, **Bruce** is finding it hard to let go of his baby girl, especially now that she's hanging around with the singer. Sources add that their friendship is adding to all of his stress while he goes through the final stages of his transition from male to female. "**Bruce** adores **Kendall** and never approved of her hanging out with **Bieber**, so the fact she's now spending so much time with him has sent him into orbit!" a source close to the family reveals. **Bruce** has reportedly 'tried everything', from 'sending emails and Facebook messages to confronting her about it in person', but sources say his daughter refuses to cut **Bieber**, 21, out of her life. "**Kendall**'s extremely strong-willed and she's not listening to anyone about this, not even her dad," says the source. Turn to page 24 for more on **Kendall** and **Justin's** budding romance...

PEOPLE EXCLUSIVE PICS!

PICS: GREATSTOCK

Heidi's Family Treat

FORMER model **Heidi Klum** wasrecently spotted skiing with boyfriend **Vito Schnabel**, and has now she made it up to her kids with a trip to Disneyland. The 41-year-old and her children were spotted enjoying the attractions, as they soaked up the sun in Anaheim, California. The German supermodel wore her long blonde locks in loose waves, and hid her eyes behind a pair of over-sized sunglasses, but this didn't stop photographers recognising her. She smiled when she spotted the cameramen as she was seen riding a blue car on Autopia in Disneyland, during which she let eight-year-old son Johan take the wheel. Later **Heidi** climbed aboard the whimsical Alice in Wonderland ride, alongside nine-year-old Henry and 10-year-old daughter Leni.



Yep, We Caught You, Heidi! And You Thought Your Disguise Was Foolproof!





1D CRISIS! IS HARRY NEXT?

BY EL BROIDE

THEY performed three sold-out shows in South Africa even after **Zayn Malik** left the band, but there are fears **Harry** might be next!

PICS: WWW.ELITEPHOTOAGENCY.COM / AAI FOTOSTOCK

IT'S been a difficult time for Directioners around the world, and as the news of Zayn Malik's departure from One Direction finally starts to sink in, fans are beginning to freak out that Harry Styles may be the next to leave.

"**Harry** has always felt that he's bigger than One Direction and that should he leave the band – the millions of followers around the world will continue to support him with whatever he does," a friend of **Harry** says. "He is still really enjoying the band and has no plans of leaving just yet, but he's realistic about the fact that boy bands don't last and he wants to make a solid name for himself away from the group."

Harry has apparently also expressed a huge interest in acting, though with One Direction's intense touring schedule, he can't explore it just yet. It is, however, although something that will happen in his near future, says a source. "**Harry** is interested in acting and writing for other artists," the insider claims. "He is down to do all that and still remain in One Direction – he expects the band to make time for his other plans and has encouraged the other boys to be ambitious as well."

So will **Harry** become the **Justin Timberlake** of the group?

Another source says, "**Harry** certainly has hopes of doing solo stuff, branching out on his own, and so this might be the natural juncture in which to do that. He considers himself to be on a different path to the other boys."

Indeed, he's even gone as far as collaborating with singers like **Ariana Grande**, **Megan Trainor** and **Kodaline**.

"**Harry** has distanced himself from the rest of the band over the last year," the insider continues. "He's still giving his all to the group and they will be recording their fifth studio album in a few weeks, but if this album will be his last, he will be content."

We don't know about you guys but we don't think we could handle another One Direction exit! We would love some solo stuff but we don't want this to spell disaster for the group. Let's be honest, is there really a One Direction without **Harry Styles**?

So What Direction Is Zayn Taking?

IT'S only been a short while since **Zayn** announced his resignation from the band, but the star is already starting his new low-key life with fiancée **Perrie Edwards**. The two were spotted house-hunting in London recently and he has also been seen in studio with producer Naughty Boy as he starts his solo career. We're not too sure how releasing a new album is in line with his plans of a low-key life, though.



Justin went solo and has a su[illegible] acting and singing career



With Perrie

Couple News

BY ANGELA BEKIARIS

Bey & Jay Afraid Of Tell-All Book



PICS: WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK

ACCORDING to recent reports, **Beyoncé** and **Jay Z** are stressing about a possible upcoming tell-all book, which could reveal their deepest marriage secrets. While they've had quite a year so far, what with rumours of a split and of **Jay**'s having a lovechild, the pair are worried about another low in their relationship now that author J. Randy Taraborrelli is threatening to reveal secrets behind their fractured matrimony. J. Randy has a tell-all in the works, say insiders, and **Jay** is worried he's going to be 'painted as a villain'. Sources add, "There's a group of well-paid researchers on this book. They've left no stone unturned."



BEY DROPS NEW SONG ON ANNIVERSARY

WHILE the couple, and now the world, waits to hear all about their marriage in a tell-all book, it seems **Beyoncé** continues to insist that there is absolutely no trouble in paradise. While some married couples go through what's known as 'the seven-year itch', the bootylicious singer made *her* seven-year anniversary one to remember by dropping a new song on the special day, surprising fans with *Die With You*. "Because I want to wake up just to sleep with you/I open my eyes so that I can see with you," **Beyoncé** sings in a short snippet of the piano ballad, which can be heard on her Facebook and Instagram accounts.

Lily & Chris An Item

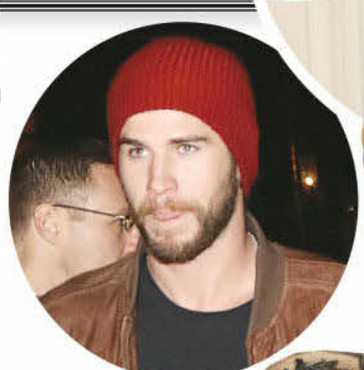
AS we previously reported, **Lily Collin** is apparently dating **Chris Evans** – but friends are concerned about his player past. While things are still in the early stages, sources say the actress has been warned about his past, adding that they are worried she may be setting herself up for hear "It's tough for them to see her dating one of Hollywood's most notorious womanisers," the insider said. And though the pair have yet to confirm their relationship publicly, the source added that **Chris** thinks that **Lily** may be the lady to help 'tame him'.





MILEY Turns To Ex Liam

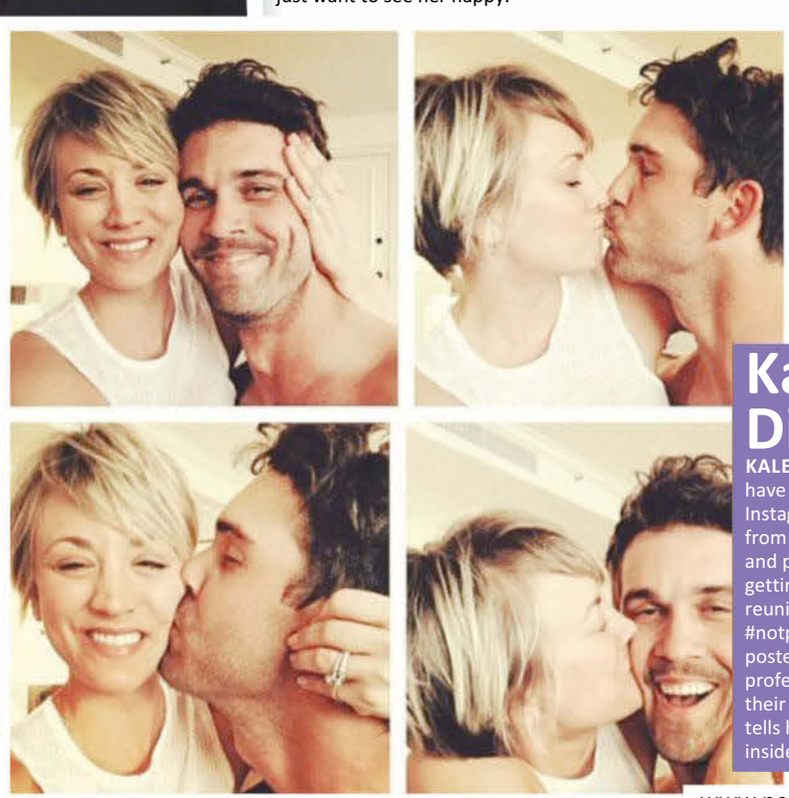
SO it seems **Miley Cyrus** isn't as nonplussed as we thought over the photos of beau **Patrick Schwarzenegger** getting cosy with another woman while on spring break. **Miley** has turned to ex-fiancé **Liam Hemsworth** for help through the troubling time. "**Liam**'s being a real rock for her and they're talking almost every night right now," a source reports. "He told **Miley** he'd always be there for her, no matter what." The steamy photos showed **Patrick** holding a bikini-clad woman against his bare body, and the source claims, "**Liam** was enraged at how **Miley**'s been treated," adding that his family are also supporting the *Wrecking Ball* singer during this difficult time. "His family is all behind her," the insider shared. "They still have a special place in their hearts for her and they all just want to see her happy."



REGGIE BUSH TO BE A FATHER AGAIN

KIM KARDASHIAN'S ex, **Reggie Bush**, is expecting baby number two with wife Lilit Avagyan. According to reports, the couple have kept quiet about their exciting news, but now the soon-to-be mom-of-two has shown off her large baby bump on Instagram. Along with a video of herself during an intense boxing workout, where her bump can't be missed, she posted the caption, "Raising a #beast from very young."





Kaley Knocks Divorce Rumours

KALEY CUOCO SWEETING and husband **Ryan Sweeting** have knocked divorce rumours with some serious PDA on Instagram. In a photo collage, which has since been deleted from *The Big Bang Theory* actress' page, the couple smile and plant kisses on each other's faces. "We are totally getting divorced, can't you tell!!?! 4 weeks apart and finally reunited – I missed this guy more than anything !! #rumors #notpregnant #totallymarried," the actress wrote. **Kaley** posted the image amid reports that her marriage to the professional tennis player is on the rocks. "**Ryan** sits around their home all day, and they have huge fights where she tells him to figure out a way to make his own money," an insider revealed recently.





ROB On Suicide Watch

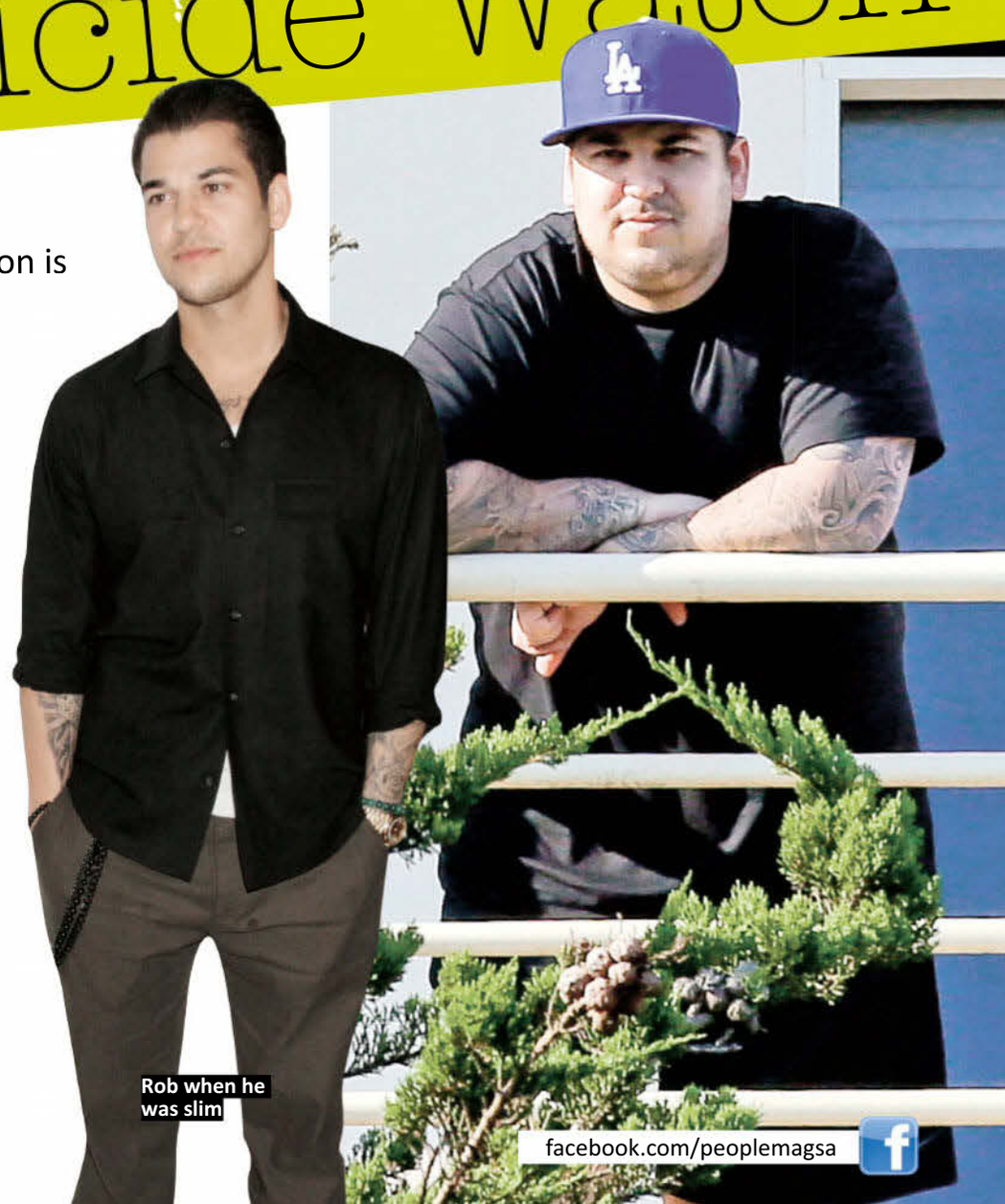
PICS: GREAT STOCK / WWW.ELITEPHOTOAGENCY.COM

BY ANGELA BEKIARIS

KRIS JENNER is worried her son is going to take his own life...

IT seems Rob Kardashian can't keep up with the Kardashians – or life itself, for that matter. He's been struggling with the limelight, depression and substance abuse for a long time, and things really seem to be heading down a dangerous path for the reality star now, who has gained weight, locked himself up at home and stayed away from all TV crew for months.

A recent episode of *Keeping Up With The Kardashians* has left everyone – especially the **Kardashians** themselves – worried about **Rob**. After old food and a pill bottle was found in his room, the family freaked out, fearing **Rob** may be considering a dreadful way out of his woes, and decided to take serious action. Cameras zoom in on the dirty plate in **Rob**'s room that once contained food, as well as a bowl containing the remnants of what looks like milk, a mystery pill bottle on his bedside table (with the label digitised out), condoms, a TV left on, and an unmade bed. **Rob**'s brother-in-law-of-sorts, **Scott Disick**, commented that the troubled star's room looked like 'a bomb shelter.' The **Kardashian** and **Jenner** clan are seen in total panic mode!



Rob when he was slim

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Mom **Kris** feels helpless, not knowing how to help her son anymore, and is breaking down over it. "I feel like if I don't help [**Rob**] do something drastic," she said on the episode, becoming emotional, "He's gonna die." Sources say **Kris** recruited a professional, who says they 'can help dissect the situation and figure out exactly what's going on'. **Rob** hasn't been dealing with his weight gain well, and even missed sister **Kim**'s wedding to **Kanye West** last year because of it. **Kris** is seen sobbing to a therapist about him packing on more than 45kg in a year, while **Khloé** continues to remain sympathetic. "**Rob** lives with me but he'll sleep all day and he'll kind of sneak out at some point and just leave and then I won't see him all night 'cause I'm asleep like a normal person," says **Khloé**, with **Kris** adding, "He's been spending a lot of money and locking himself in his room a lot." **Kim** on the other hand has been trying to deal with it all with tough love, urging the rest of the family to cut off their troubled brother, since he refuses to accept any help from them, and suggests that sister **Khloé** – who is the only one who has stuck by **Rob**'s side from day one – kick him out of her house. "You just need to say, 'You're kicked out of the house, you're cut off, your bank accounts and your credit cards are closed. You do not have a dime'," she tells the family. But **Khloé** protests, "I can't kick him out of my house."



In happier times: Khloé has always been Rob's biggest supporter

With **Khloé** being well on track with her weight loss recently, she wants **Rob** to do the same. During a recent interview, **Khloé** admitted that her brother 'has a kind of social anxiety' and that he's 'become very introverted'. "He's definitely not at his happiest place that he was once, and I know he can get to that happy place and he will," she insists. "We all kind of get to a place where you don't know where to go in life or whatever, so I think it's important for him to know that he always has people to lean on and it's not unnatural for people to not know even where to begin. It's a growing process... I will always be his number one supporter."

But while **Kris** and **Kourtney** have teamed up with a professional to get **Rob** stabilised using in-home treatment, **Khloé** wasn't a part of it at all, and made it clear that she wasn't thrilled with the plan. According to her, the only way to approach her brother is to take things slow. But mommy dearest says she knows best. Well, let's hope she does, because **Rob** is a desperate man near the edge of a cliff, and is in great danger of falling off.



Khloé does not want to kick out her brother



Kourtney teamed up with Kris and a professional to get Rob stabilised

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Banging Bikini B

BY PEARL MP

PICS: MAGAZINE FEATURES / WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK / PAN MEDIA



Bethenny Frankel
WE'RE not sure if this is an eating disorder or a crazy new diet but after seeing the reality star showing off her bod in Miami, we're starting to worry.



Britney Spears
THE perfect bikini bod! Miss **Spears** seems confident showing off her curves in Hawaii, and it's clear she's been working out.

PEOPLE EXCLUSIVE PIC!



PEOPLE EXCLUSIVE PIC!

Ashlee Simpson
THE newly-wed and mom-to-be looks radiant while showing off her growing bump while holidaying with hubby **Evan Ross** in Los Cabos, Mexico.



Kylie Jenner
SHE'S only 17 but she's not afraid to flaunt it. Not your regular schoolgirl, hey **Kylie**?

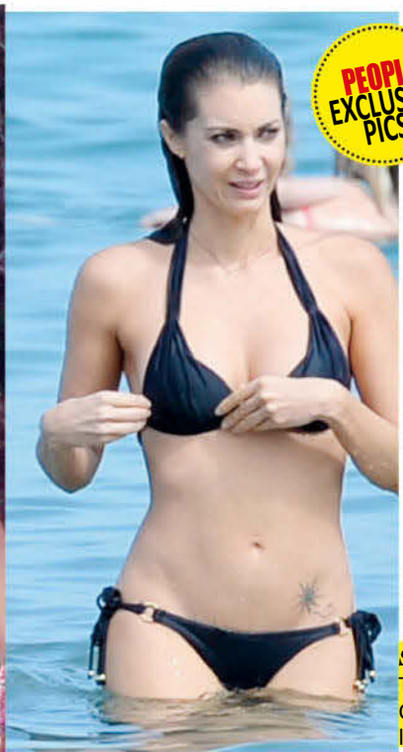


PEOPLE EXCLUSIVE PICS!

Amber Rose
THE curvaceous blondie is a fan of nudity, but this time she decided to cover up. Well, she tried to, in any case.

Bods!

FROM models to actresses, check out these celebs who are spotted heating up (or, in a few cases, really cooling down) the shore in their sassy beach gear.



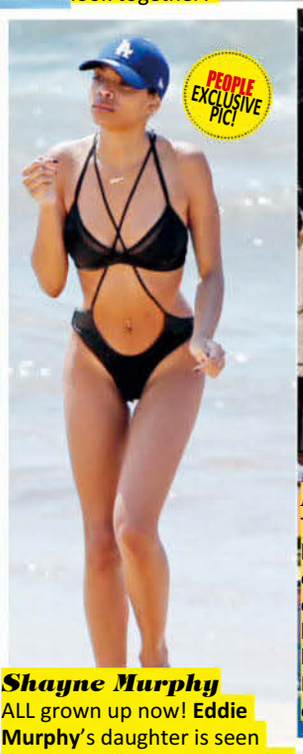




Sharlto Copley and Tanit Phoenix
THIS adorable South African couple recently made waves in Hawaii. Can we please just take a moment to appreciate how good they look together?



Tara Reid
OH boy, she's almost as much of a disaster as her film, *Sharknado*! We feel sorry for **Tara**! Can someone feed her bony frame!



Shayne Murphy
ALL grown up now! **Eddie Murphy**'s daughter is seen showing off her lean bod on a mini vacay in Maui, Hawaii.



Lisa Rinna
THE actress is known for her obsession with cosmetic surgery but surprisingly looks smoking hot. Fifty-one looks good on her!



Angela Simmons
THE famous reality star proves that spending time at the gym will pay off! She's pictured here in Miami.



Jessica Alba
CAN you believe she's a mom of two? The actress with the body of someone who has *never* had kids was seen holidaying with her kids in St Barts.

Décor

BY LETITIA HEROLD

At Home With Lauren Conrad

TELEVISION personality, fashion designer and author Lauren Conrad invites us into her impressive Penthouse. Located in Beverley Hills, the home is ultra chic and stylish with a feminine touch.



PICS: GREATSTOCK CORBIS OUTLINE PHIL PENMAN

THE vintage dining room table and chairs is offset by a contemporary brass light feature.

'I WANTED the livingroom to feel like an airy New York loft.'

CRISP and clean, the bathroom also has its own designated area for hair and make-up.

Continues on page 20...


‘IT’s organised chaos, but I know where everything is.’

Urban Chic

ADD a touch of style to your urban townhouse with a few of these simple and elegant pieces.



Harbour Gray Pouffe: R799.99, Mr Price Home



Jaguar Pendant: R1 795, Weylandts



Rustic Mirror: R4 995.00, Weylandts



Manhattan Lamp: R799.95, The Lighting Warehouse



Icicle 3 Light: R999.95, The Lighting Warehouse



Sunburst Gold Round Mirror: R999.99, Mr Price Home



Celine Dining Chair: R3 495, Block & Chisel



Jeanne Armchair: R8 995, Block & Chisel



Fishbone Throw: R695, Weylandts



Cowrie Necklace: R1 295, Weylandts



Roselyn Sofa: R28 995, Block & Chisel

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*Prices subject to change. See disclaimer on page 26

Who will take the honours this year?

ANN7 SOUTH AFRICAN OF THE YEAR 2015 Awards

#SATY2015
Public Nominations

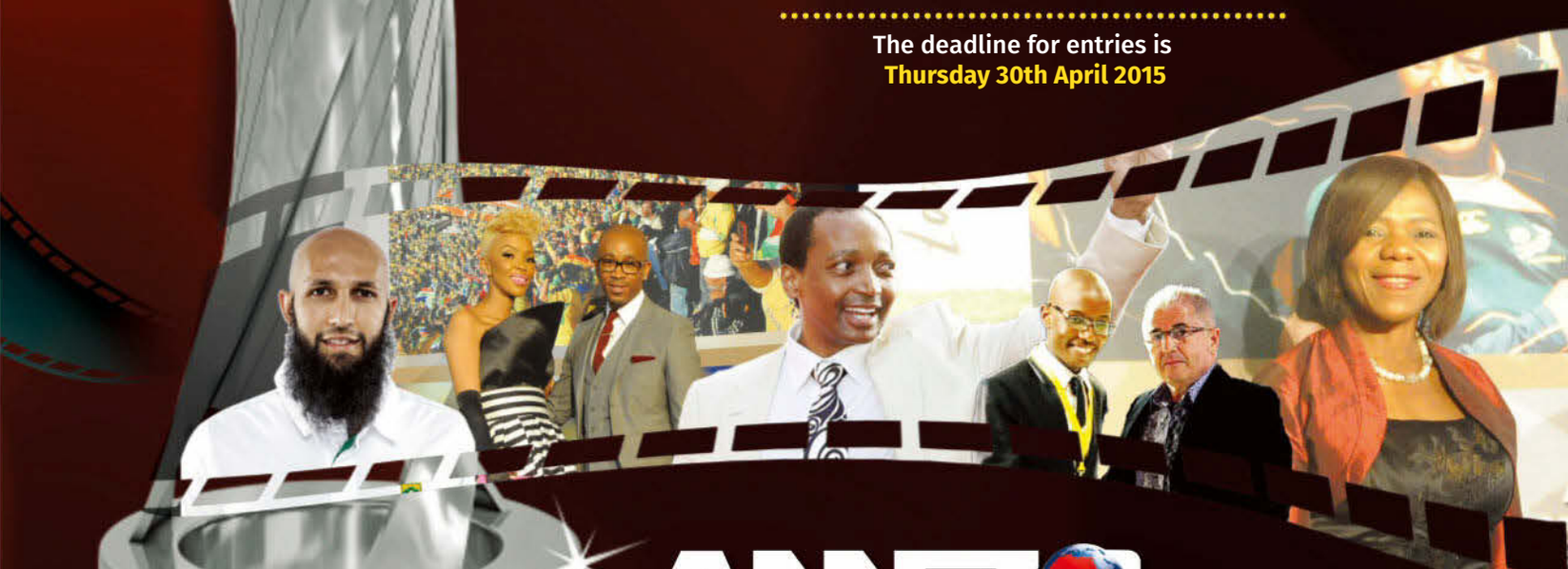
SATY 2015 Categories:

1. Trendsetting Celebrity of the Year
2. Campaign of the Year
3. Sportsperson of the Year
4. Entrepreneur of the Year
5. Spirit of Humanity Award
6. Young South African of the Year
7. South African of the Year

How to nominate:

SMS SATY (Space) Award Number (Space) Nominee Name/Surname (Space) Nominee Description to '**43043**' or email to satynominations@ann7.com + Award Number + Nominee Name/Surname + Nominee Description. *All entries will need to be submitted via **SMS** or **EMAIL**.Each SMS costs R1.50 T&C's Apply

The deadline for entries is
Thursday 30th April 2015



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Cool Stuff

BY LETITIA HEROLD

ATTENTION tech-lovers! Take a look at our gadget hotlist for the week!



Kenu Airframe+ For Smartphones:

R449

iStore

DESIGNED to be the perfect companion for everyday use, the KenuAirframe+ attaches onto any car air vent and keeps your iPhone 6 at eye level, making GPS navigation and hands-free calling simple and easy.

PowerShot G7 X:

Canon

BOASTING uncompromising image performance, expert control and impressive speed in the palm of your hand, the G7 X features a 1.0-type back-illuminated 20.2 megapixel CMOS sensor, which delivers DSLR-style creativity and the freedom to capture enviable images in every situation.



R7 099



Josh Hutcherson enjoying music on his earphones

PICS: WWW.ELITEPHTOAGENCY.COM

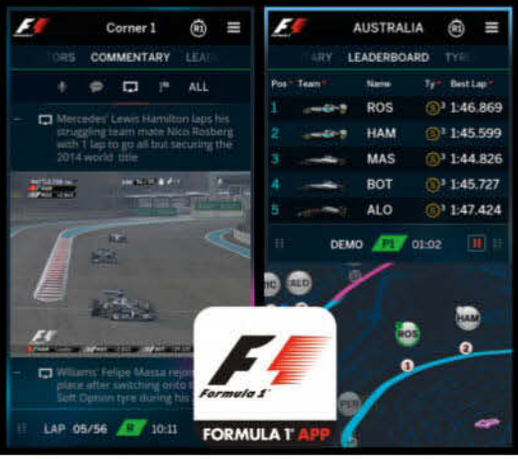
Have A Ball

SPORTS fanatics will love this cool gadget, which shapes eggs into perfectly round golf or tennis balls – or even footballs. The shape is easy to create, too – simply boil your egg for a few minutes then allow it to cool, peel the shell off and place in the shaper. Squeeze it shut and then submerge it in cold water for a few minutes to set.

*Not available in SA



Apps We Love



Official F1 App: Free, iTunes

IT'S F1 season again and fans will love this cool app, which allows you to follow your favourite teams and drivers, as well as view live race features. The app also features live tyre information, an interactive 3D pit-stop map, driver gear data, and team radio transmissions and race control messages.

Body Glove Energy Jacket For The iPhone6:

Gammatek

THIS innovative rechargeable battery pack fits onto your device just like a phone cover. The built-in lithium polymer rechargeable battery (compliant with the Restriction of Hazardous Substances directive) has a capacity of 3000mAh.



R699

STOCKISTS: CANON: WWW.CANON.CO.ZA / GAMMATEK: WWW.GAMMATEK.CO.ZA / ISTORE: WWW.MYISTORE.CO.ZA

BY EL BROIDE

Scott's Battle For Sobriety

AFTER a hectic few weeks filled with partying and booze, **Scott** is finally ready to sober up for good!



SCOTT has had a difficult past few weeks. While you'd think that he'd be at home spending time with Kourtney Kardashian and their kids Mason, Penelope and the new addition Reign, Scott has been flying across continents, partying it up and making drunken appearances in clubs across America and the UK.

However, **Scott** has finally checked into rehab – again. The reality star was spotted entering the Rythmia Life Advancement Centre in Costa Rica after the **Kardashians** pushed him to seek help. "**Kris, Khloé** and **Kim** all talked **Kourtney** into freezing **Scott**'s credit cards and bank accounts," a family insider says. "**Kourt** also told him she is prepared to leave and take their children with her. This hit **Scott** hard and he is finally giving a real go at rehab."

Scott tried rehab last year but checked out after deeming the place 'not for him'. He has, however, found a different programme at Rythmia, where he will undergo 'iboga' treatment. Iboga is a psychedelic plant that is legal in the United States. Sources, however, are worried about this path. "Doctors don't know how this treatment affects the brain, or its long-term impact," a source admits. "**Scott** has basically been told that they have the magic pill for him, which is an attractive option to an addict. But that's not how it works." **Scott**, the businessman that he is, will also be making money from his stint at Rythmia. Not only did they decide to sponsor his treatment, but they will also compensating him for going public with the news that he would be attending their facility.



Unfortunately, **Scott**'s battle with alcohol has driven **Kourtney** to consult with her lawyers should things go pear-shaped. "She had papers drawn up to secure custody of her kids," says a source. **Scott** was also told by the entire family at an intervention that if he wants to remain part of the 'klan', he needs to get help. And fast! The family has even offered to pay him R88-million for the new season of *Keeping Up With The Kardashians*. "Money is the one thing that gets **Scott** to respond," the source says.

We really hope that **Scott** manages to stay clean this time around. Not only is he putting his relationship with **Kourtney** in jeopardy, he's a potential disaster for the kids as well.

Britney's Rehab Shocker!

IT seemed like she'd finally got her act together, but it turns out **Britney Spears** found herself in rehab only a few short weeks ago!





Azalea



Britney with her father Jamie

BRITNEY is working on a comeback album and a new single with Iggy Azalea; she hosts a huge show in Las Vegas, has the man of her dreams and two beautiful sons, both of whom she has regained primary custody. It seems, however, that it isn't all rainbows and gumdrops in Britney's world…

An insider claims that the princess of pop recently spent a month in rehab, having battled a rather severe addiction to prescription pills. "**Britney**'s father forced her into treatment between a short while ago because she was dependant on a drug called Vyvanse," says the insider, who stayed at the same facility **Britney** – Malibu Summit – during that hard time. "On top of being frustrated that she was on lockdown for a drug that was prescribed by a doctor, **Brit** was very anxious about the public finding out where she was. It was clear that she didn't want to admit she had a problem."

It seems, however, that it was **Britney**'s past and troubled relationship with David Lucado that triggered this dangerous addiction. **Britney** was prescribed the drug for ADHD and reportedly increased her dosage dramatically after she caught David cheating back in August last year. "**Britney** was depressed and was having a hard time getting out of bed for her Vegas shows," another source claims. "She believed that if it wasn't for the energy Vyvanse gave her, she wouldn't have been able to perform." **Britney**, however, wasn't too happy about going into rehab and had to be forced by her dad. "**Britney** blamed her dad for forcing her into rehab, and you could tell she had a lot of deep-rooted anger toward him about the way he controls her life," the insider continues. "In her dad's eyes, **Britney**'s mission is to perform and he did what he thought necessary in order to keep her life on track."

Luckily, though, **Britney** has beaten her addiction and has been spending a lot more time with her boys and new boyfriend Charlie Ebersol as she puts her plans for a comeback single into action. We're just glad **Brit**'s healthy and happy and that her dad is looking after her, despite the fact that she may think otherwise.

Kendall Admits She's Just-in Love

THEY'VE been dating on and off for months – but **Justin Bieber** has officially swept **Kendall Jenner** off her feet.

HE'S been doing interview after interview trying to convince the world that he's given up his bad boy ways and it seems Justin Bieber is finally happy and in love again. While the rest of the Kardashians love showing off their respective others, Kendall has always been a bit more private. Now, however, she is finally ready to flaunt her new relationship with the Biebs after admitting to her family that no one has ever made her as happy as Justin does.

The two reportedly went public with their romance early last month at **Justin**'s *Comedy Central Roast* recording. While he was getting smack from the hilarious panel, it was clear that he really appreciated **Kendall**'s support – and the two have been inseparable since and are even making plans to move in together – and sooner rather than later. "**Justin** and **Kendall** are slowly coming out of their shell," a source says. "They have this undeniable attraction. **Kendall**'s career is taking off and he's attracted to how successful and driven she is. Plus, she says **Justin** is the best lover she has ever had and reckons other girls have walked away because they couldn't stand playing second fiddle to her."

Kendall's sisters are thrilled that she's found love with **Justin** and **Kris** is 'over the moon'. "Not only is she happy for **Kendall**, but **Kris** is hoping **Justin** makes some appearances on *Keeping Up With The Kardashians*, which will give the ratings a bit of a boost."

Bruce, on the other hand, isn't the biggest fan of this new union. "He's never approved of her hanging out with **Justin**, so the fact that she's sleeping with him has sent **Bruce** into orbit," a friend of his reveals. "He's confronted her about it, but **Kendall**'s feelings for **Justin** are genuine."



The chemistry between **Justin** and **Kendall** was electric when they posed for *Vogue* magazine's April issue alongside **Gigi Hadid**, **Ansel Elgort** and Dylan and Harper Penn as 'Hollywood's New Brat Pack'. The pictures are beautiful and the two were thrilled to be asked to appear in the magazine as a couple.

But how long has this been going on? Sources say for months! "The two were busted in late January after they were spotted hiking in LA and playing a game of volleyball at **Justin**'s house. **Kendall** slept over and made use of his pool early the next morning – and things got steamy."



We don't know about you guys but we really think **Justin** has turned a new leaf (at least for now – there's always a chance he could back-page) and we're so happy that he has officially found love again!

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Kim To Kylie: 'Go Easy On The Romance!'

ANOTHER **Kardashian/Jenner** confrontation!

BY ANGELA BEKIARIS

BIG sister Kim Kardashian is giving youngest sibling Kylie Jenner relationship advice these days. Kylie, 17, has been dating 25-year-old rapper Tyga for some time, and in addition to starting to look more and more like Kim, she seems to be acting like her too – so it's ironic that it should be Kim who is asking her to slow down.

While **Kim** got up to worse things when she was **Kylie**'s age, it seems she feels the need to preach to her baby sister these days. Says a source, "**Kim** has serious rivalry issues with **Kylie** right now. But she still cares about her deeply, and hates the sight of her youngest sister throwing her life away." As previously reported **Kim** is afraid **Kylie** is morphing into a better version of her, and **Kylie** even admitted last year that the two often don't see eye-to-eye. "But in a sisterly manner," she was quick to add. But in lieu of **Kim**'s long list of failed relationships, the reality star wants **Kylie** to just slow things down a bit and make sure this is what she wants to do. And of course, she's got the family involved too. "**Kim** believes it's her duty to lead a family intervention. She's talking to her mom, **Kourtney** and even **Bruce** about when and where to stage it, and has made it her mission to talk some sense into **Kylie**."



Nick Gets Flirty With Someone 'Dirty'

IS **Nick** getting himself into trouble already?

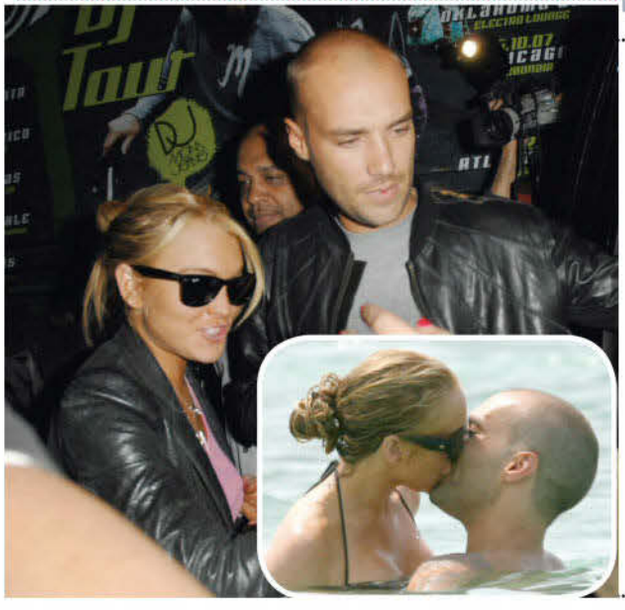
NICK JONAS has grown up to be quite the Hollywood hottie – and clearly his self-confidence has grown, too. The singer recently caused quite a stir when he flirted with *The Voice* mentor and *Dirty* singer Christina Aguilera during a taping of the reality show, leaving Christina's fiancé and baby daddy Matthew Rutler absolutely furious!

According to reports **Nick**, who joined **Christina** on the popular talent show when she invited him to be her guest coach on the latest season, had more on his mind than just work. Insiders say the **Jonas** brother was 'gushing' over **Christina** as they taped their segment for the show, despite being in a relationship with his girlfriend **Olivia Culpo** for over a year. "When they took a break from filming, Matthew took him aside and said if **Nick** liked his pretty face, he should knock it off," the insider revealed.





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Lilo's Worst Best Romance

CALUM BEST spills the beans on his former relationship with **Lindsay Lohan**.

CALUM BEST, who dated troubled actress Lindsay Lohan, has declared that the star led to the 'worst moments in his life'. Calum, who had a brief romance with the actress between 2006 and 2007, speaks out in his new memoir, *Second Best: My Dad And Me*.

"At this moment in our lives, we're both a bit nuts. We both like to party a lot and it makes things tempestuous," he said, and admitted that he was not the best boyfriend to the actress. He continued, "When we go out I flirt with other girls, sometimes in front of her, and one day she catches me hanging out with another girl in my hotel room." The incident caused the pair to split for a short time before they rekindled their romance once again. However, **Calum** failed to behave and a video from a 'debaucherous' session with an escort surfaced, which the lady of the night had recorded. **Lindsay** branded **Calum** an 'a******' and ended the pair's relationship for good.

Calum has, however, added that despite her 'mad life', the *Mean Girls* star is a 'lovely girl'. **Calum** is currently dating model **Ianthe Rose Cochrane-Stack** while single **Lindsay** has been living in London for the past year, following her West End stage debut in *Speed-The-Plow.* She was also due to finish her probation for a reckless driving charge this month, but was ordered to complete another 125 hours of community service after she tried to pass off time on stage in London as 'volunteering'.

PICS: WWW.ELITEPHOTOAGENCY.COM



GAME CHANGER

BY SUZY MUKENDI

IF your fashion moves are becoming a bit predictable get some coaching!

IF you've ever felt like you're in a style rut and you're bored with your wardrobe, why not go for a major fashion game-changer? You can go for casual, quirky or carelessly elegant, you may want to lean toward bright colours or perhaps embrace neutrals in subdued patterns. If you're not sure of how or where to start, up your style game with inspiration from these pages.

MIDI SKIRT

THE midi skirt is a must-have in every woman's wardrobe. These skirts can instantly update individual feminine items. Keep it fashionable and appropriate by pairing the skirt with a structured handbag.



Emmy Rossum



Necklace: R169, Foschini

Stripe Top: R59.99, Mr Price

Skirt: R355, Rage





Handbag: R599, Woolworths



Watch: R349, Foschini



Heels: R499, Madison Shoes



Earings: R69 95, Woolworths

2 OFFICE STYLE SOLUTIONS

IF you're looking to update your work wardrobe, why not incorporate these pieces into your office look? When paired properly these separates make a killer combination.

Q&A Fashion

I MAY not be Sherlock, but that doesn't mean we can't solve a few fashion mysteries. Have a look at these questions asked by you, hopefully I've helped and you can conquer the problems once had.

How can I stop a run on my tights?
CLEAR nail polish is known to be handy for stopping runs. Try misting the affected area with hairspray to harden the material and prevent the rip from spreading.

I have pants that are too long for me, what can I do to hem them instead of going to a tailor?
IF you don't want to take the item to the tailor (even though that really would be the best option) try using double-sided tape. Fold the ends of the pants under, securing with a small strip of the tape to hold the cuff in place.

I recently attended an event and broke one of my heels, it was so embarrassing and I had to limp away! Is there a quick fix up that can help me if it ever happens again?
JUST imagining that is enough to make my heart palpitate! It's not a forever fix, but fast-drying super glue will suffice when you need a quick repair.

DO you have a fashion problem you just can't solve? Then e-mail **people**'s Fashion Editor, Suzy Mukendi, with your fashion question at suzym@caxton.co.za.

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WIDE LEG TROUSERS



White Jersey: R149.99, Mr Price



Rings: R120, Woolworths



Trousers: R575, Truworths



Watch: R350, Woolworths



Handbag: R1 299, Dune London



Necklace: R140, Woolworths

Heels: R529, Madison Shoes

WIDE-LEG trousers can be a bit tricky to wear – they can easily look tacky, turning you into a hot mess. But if worn correctly, you can achieve a chic show-stopping look at work.

Instagram Fashion



Christina Milian



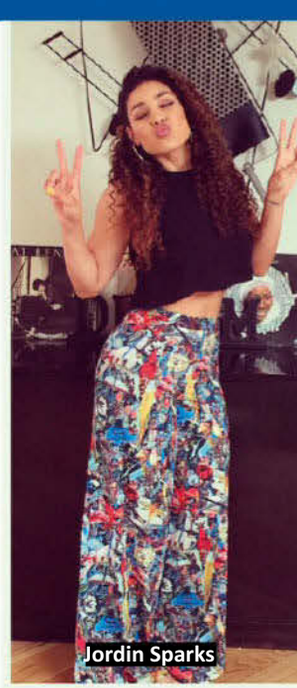
Whitney Port



Nicole Richie



Tia Mowry



Jordin Sparks

LATELY it seems as if everyone's become an Instagram pro, playing with filters, and creating and sharing gorgeous images. So, we have available to us a host of inspiring fashion shots and stylish photos. Have a look at these stylistas whom we've been following and find out what you need to stand out from the rest of the crowd.

597 posts 2.5k followers 4,678 following

Edit Profile

THE DUO WE

HAVING a best friend by your side is more rewarding than any accessory or trend. This week we pay attention to style-savvy and trendy Christina Milian and Karrueche Tran. We have become true fans of this entertaining duo, and love their sharp sense of fashion, which can be captured by wearing the following items.

KARRUECHE'S LOOK

Jumpsuit: R849 By Soto, Zando



Bag: R139, Fashion Express



Karrueche Tran **Christina Milian**



Heels: R439, Gino Paoli Footwear



Chain Bracelets (Two): R69.95, Woolworths



Handbag: R320, Truworths

CHRISTINA'S LOOK



Denim Jacket: R629 By Soviet, Zando



Crop Top: R45.99, Mr Price



Bracelet: R149, Foschini



Heart Bracelet: R299 by Mimco, Woolworths



Skirt: R119.99, Mr Price



Heels: R249, Fashion Express

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Fashion Hotlist

TAKING fashion to new heights.

CHUNKY-HEEL sandals are a great choice for every season. You can wear them at work, for a walk or for a formal event. And if you're one of those masochists who *have* to wear heels, regardless of the pain they may cause, then chunky heels are great replacements. These heels will make you stand tall without causing you pain. They work for any and every outfit and while they may be a little lower than you're used to, you're still guaranteed to look stylish.



Multicoloured Heels: R399, Woolworths



Black Peep-Toe With Bow: R425, Woolworths



Tan Ankle Boot: R575, Woolworths



Rita Ora



Kristen Stewart



Beige Suede Ankle Boot: R509, Rage



Black Ankle Boots: R575, Truworths



Black Patent Leather Boot: R503, Rage



Ankle Strap Heels: R549, Madison Shoes, Zando



Multicoloured Sandals: R1 290, By Errol Arendz, Zando



Nude Heels: R350, Woolworths

STOCKISTS: ZANDO: 0861 192 636 ✦ FASHION EXPRESS: (011) 553-5334 ✦ WOOLWORTHS: (011) 478 9111 ✦ TRUWORTHS: (011) 783-9002 ✦ ZOOM: (011) 465-8550 ✦ RAGE: (011) 883-7502 ✦ JET: 0800 203 925

EXTR
READ All About It!

STYLIST: SUZY MUKENDI
PHOTOGRAPHER: HEMA PATEL

TIP
POLKA DOTS are fun and push the bar by mixing the sizes of the dots.



NEW fashion trends are fun, fresh and different, and when you're wearing them they make you feel up-to-date. Now is the time to update your wardrobe with a few trendy items. Now that's not to say you should forget the classics. But you should really consider acquiring some fashionable statement pieces. Now of course with trends, they come, but they also go, and you might worry that what you buy now will fade later. Yes, it will eventually – but remember that fashion also rotates, and what fades in one year may just then rise the next. Still uncertain? Gorgeous model **Ayanda Ncube** helps ease you into style with what's hot.

Earrings: R189, Accessorize
Necklace: R69.99, Mr Price
Jumpsuit: R590, Parooz Fashions
Clutch: R399, Accessorize
Bangles: R39.99, Mr Price
T-Bar Sandals: R599.95, By Carducci, Stuttafords

Studs: R119, Accessorize
Gold Love Chain: R39.99, Mr Price
Lion Chain: R249, Me & You Clothing
Top: R45.99, Mr Price
Pants (Set): R450, Parooz Fashions
Bag: R129.99, Mr Price
Bracelet: R70, Jay Jays
Heels: R529.95, By Sissy Boy, Stuttafords

EXTRA

TIP

THE rule that will forever apply is that when you wear print on print, make sure the other item is a solid colour or a colour that matches the first print.



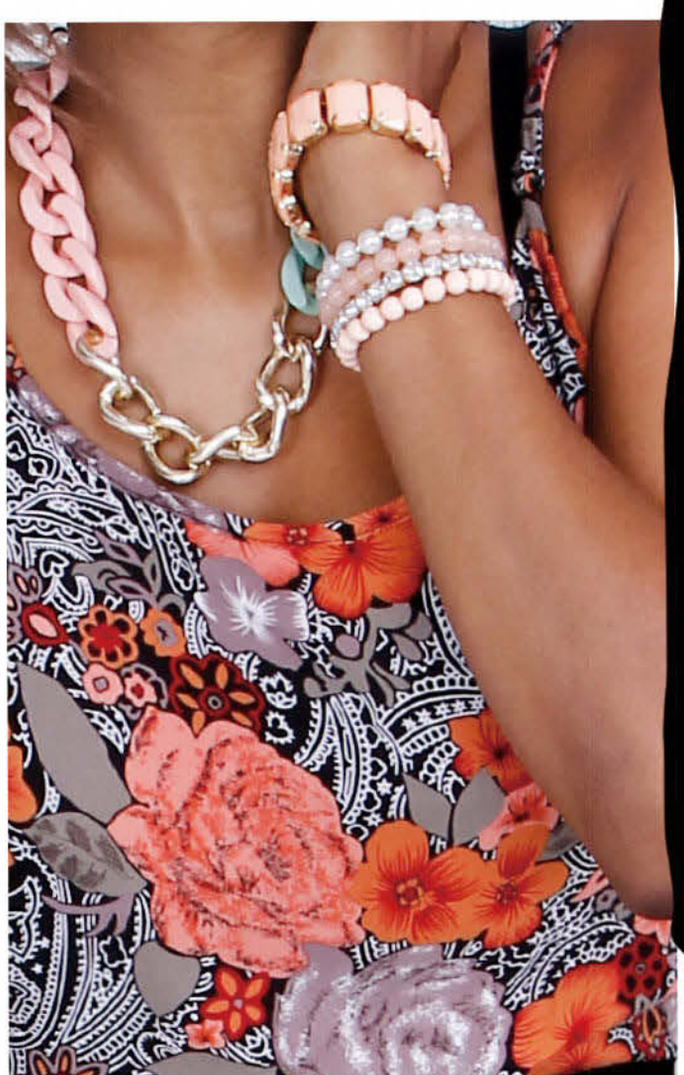
Studs: R169, Accessorize
Necklace: R79.99, Mr Price
Crop Top: R80, Jay Jays
Jacket: R309, Rage
Shorts: R499.95, The Lot
Bangles: R49.99, Mr Price
Heels: R149.99,
Mr Price


TIP
IF you want to wear your playsuit for autumn or winter, throw on a faux fur coat and a pair of leggings.
Earrings: R119, Accessorize
Choker: R250, LoveVida
Blouse: R490, Me & You Clothing
Shorts: R99.99, Mr Price
Platforms: R549.95, By Sissy Boy, Stuttafords
Necklace: R25.99, Mr Price
Chain: R80, Jay Jays
Playsuit: R799, The Lot
Heels: R149.99, Mr Price

Studs (Set Of Five): R299, Accessorize
Chain: R39.99, Mr Price
Top: R549.95, The Lot
Pants: R490, Me & You Clothing
Bracelets (Right): R39.99, Mr Price
Cuff (Left): R39.99, Mr Price
Platforms: Model's Own

TIP

ANOTHER way to pull off palazzo pants is to throw on a boyfriend T-shirt, with a necklace or two to add interest. And if you want to show a little skin, tie a knot on the side. If not, just tuck in the T.

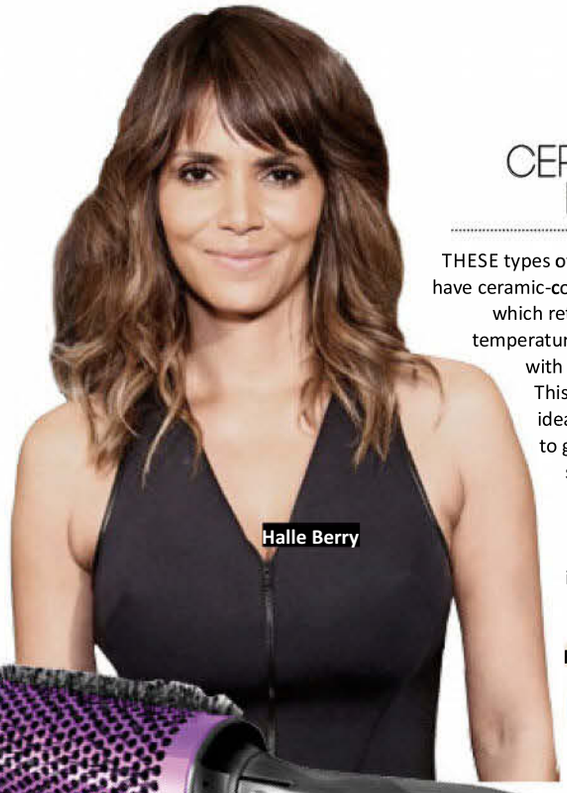



TIP
IF you decide to wear a bright colour and are looking for something to tone it down, there are other avenues to explore besides the usual nude or black. Pastel colours, for instance.
Earrings: R349, Accessorize
Necklace: R229, Me & You Clothing
Dress: R189.99, Mr Price
Cuff: R350, LoveVida
Heels: Model's Own
STOCKISTS MR PRICE: 0800 212 535 ◆ STUTTAFORDS: (011) 783-5215 ◆ PAROOZ FASHIONS: (011) 403-2035 ◆ ME & YOU CLOTHING: 074 130 0683 ◆ LOVEVIDA: 082 596 1763 ◆ ACCESSORIZE: (011) 884-4644 ◆ RAGE: (011) 883-7502 ◆ JAY JAYS: (011) 794-8749 ◆ THE LOT: (011) 880-1603
CREDITS HAIR AND MAKE-UP BY CARLI PRINSLOO (011) 889-0738 ◆ ASSISTANT FASHION STYLIST DENEAL FLORENCE ◆ MODEL: AYANDA NCUBE OF ALUSHI MODELS (011) 728-8769

HAIRBRUSH[OLOGY]

WHICH brush does what?

STYLING your hair is as much about the type of hairbrush you use as your cut, colour and the products you choose. Like anything else, the tools you pick should be the right ones to get the job done. Beyond the obvious aesthetic differences, different styles of brushes are actually made to accommodate different types and styles of hair. There are different types of hairbrushes for a reason. Here's how to use the perfect brush for the perfect hair.


Halle Berry

CERAMIC BRUSH

THESE types of hairbrushes have ceramic-coated barrels, which retain heat and temperature when used with a blow dryer. This makes them ideal if you want to give your hair soft waves or loose curls, or if you just want to dry it quickly and evenly.

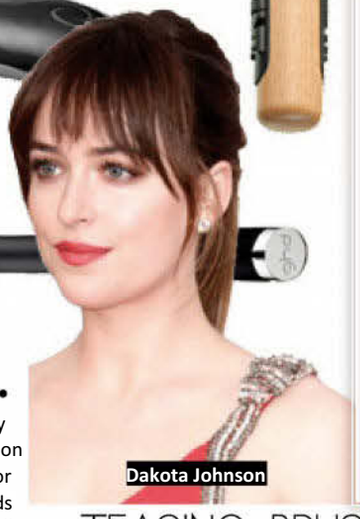
Ceramic Radial Brush: R185, By Kent, Splush



ROUND BRUSH

THE round brush is perfect for creating a soft shape, body and movement in your hair. If you're looking for some serious volume and style, go for this. Be careful when using one of these, though, and don't wrap your hair around it too tightly.

Round Brush: R850, Click 'n Curl


Dakota Johnson

VENTED BRUSH

DO you struggle with static hair? Invest in a vented brush to solve that problem in a snap. The air blows between the bristles to reduce the static electricity. Plus, it helps your hair dry faster. If you've got a bit of frizz on top then start with a flat vented brush and finish up with a round one to style it.

Vent Hairbrush: R130, By QVS, Woolworths



BARREL BRUSH

THESE come in various widths, from very narrow to wide. The one you use depends on how loose or tight you want your waves or curls. They are perfect for turning the ends of bobs under, rather than having them fall straight, and for styling your fridge.

Barrel Brush: R219, ghd



TEASING BRUSH

HAVE you ever tried to tease volume into your hair, but after a few minutes just give up on volume? This is where a teaser brush comes in. It can actually make sure that your hair is super easy to tease and that it stays put! You can even tease your hair to stay in place all day! A teasing brush is perfect for teasing and adding volume to your hair, as well as smoothing it out again.

Teasing Brush: R165, By Kent, Splush



PADDLE BRUSH

IF you're after super sleek, smooth hair, then a paddle brush is the one to go for. Use it before you straighten your hair for the best results. It's also ideal if you have thick hair, as the brush has a larger surface area. A paddle brush will detangle and stimulate the scalp, which can make hair shinier. It is also a big help when rough drying hair.

Silver Technology Paddle Brush: R415, By UKI, Carlton Hair

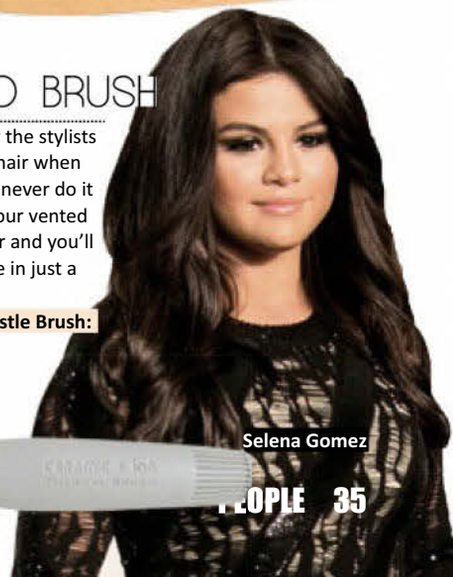


VENTED ROUND BRUSH

DO you ever wonder exactly how the stylists manage to get volume into your hair when you're at the salon – but you can never do it at home. Well, this is how: Use your vented round brush with your blow dryer and you'll be able to create amazing volume in just a few minutes.

Ceramic Ion Turbo Vent Boar Bristle Brush: R150, Olivia Garden Brushware




Selena Gomez

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Beauty

BY CARLI PRINSLOO

WWW.ELITEPHOTOAGENCY.COM

YOUR beauty questions solved

THE corners of my mouth and chin are often red and I get rash-like bumps. What is the cause of this?
THE best place to start is to review the products that you are using. Toothpaste, mouthwash or even lip balm or moisturiser could be the cause. Preservatives, fragrances and flavours, especially cinnamon and mint and ingredients like camphor and menthol, can cause contact dermatitis, which is an allergic or irritant reaction. Also, drooling a lot in your sleep causes cracks at the corners of the mouth. Use lip balm at night.

HOW can I get rid of blackheads?
START with a benzoyl peroxide gel to kill bacteria and break down and remove dead cells. Use a low-dosage (five percent) solution, then exfoliate daily to prevent blackheads from coming back. A gentle buffing scrub will polish skin, open pores and remove dirt.

DO you have a beauty problem? Then e-mail **people**'s Beauty Editor, Carli, for all your beauty enquiries at carlil@caxton.co.za.

WHAT'S HER

STEAL celebrity make-up tricks.

CELEBRITIES are great sources of inspiration when looking for new hairstyles, outfits, and (our favourite) make-up ideas. Whether they're glammed up for the red carpet or looking casual and chic on the streets, they almost always look flawless. But who needs a make-up artist when you've got people? From subtle similarities to complete transformations, give these celebrity make-up looks a go.



GOTHIC GLAM

EMPHASISING more than one of your facial features can be seriously tricky to pull off, but it is a major trend that we recommend everyone try. You can drum up the drama by selecting very dark colours, like **Raven-Symone**. She is known for taking hair and make-up risks in the past and they almost always pay off! Follow her.



Raven-Symoné

Diamanté Lipstick In Cranberry: R44.50, Ralo Cosmetics

Bavaria Lashes: R220, By Lilly Lashes, Rubybox



Quatro Eye Shadow In To Die For: R57.95, Essence



Eyebrow Set: R60, By Catrice, Dis-Chem





Satin Creme Bronze: R149, Annique

Forever Eye Shadow In Silver Rose: R139, Gosh Cosmetics



Wear It If...

...YOU want to dabble in dark, but not go full-out goth. This make-up is still glam enough for a special event when you want to stand out. If you're dark skinned, you can easily wear black and other super dark colours on your lips and eyes. Those with fairer skin can choose brown and maroon shades.

Get The Look

IT'S best to apply an eye shadow base before any shadow application to give you a smooth canvas, especially when working with dark eye shadows. Start from the outer corner of the eye and create a triangle up to the crease with a dark-coloured shadow. Fill the lid of the eye with a lighter colour and blend these two together. Add a highlighter just below the brows, then follow the top lash line with liquid liner. Fill in brows for a stronger look and apply a blush from the apples of the cheeks, blending towards the temples. Finish with a dark red lipstick or goth black.

FACE2


Ayanda Ncube

ULTRA VIOLET

TV PERSONALITY **Andile Ncube**'s gorgeous wife, **Ayanda Ncube**, always gets it right. She can pretty much wear any kind of make-up and look beautiful, no contouring needed! If you are like her, opt for colour. If you can pull off colour make-up, you can do anything.

Wear It If...

...YOU still love smoky eyes and don't want to part with your coloured lips. Plum not only works really well if you're looking to add colour, but also complements smoky eyes. If you can't choose between the two, wear both – together!

Get The Look

MAKING the perfect wing can be tricky, but it's so much easier when resting the pencil or brush on your lashes in the inner corner of the eye. Gently drag it across, letting the line become slightly thicker as you go, until you get to the end of your lashes. Then, starting the tail in the opposite direction with the tip of the brush facing your temple, draw until you connect the two lines. Apply a dark shadow from the liner to just above the crease of the eye and a light-coloured shadow to the inner corners. Next, sweep a light pink blush on your cheeks and blend into temples. Lastly, to perfect your pout, make sure to use a pencil to out




Herbal Lip Lacquer In Belize Berry: R79.95, By Palladio, Dis-Chem


[redacted] Eyeliner Brush: R28.95, Essence


Flawless Perfection Blush In Classic Rose: R100, Max



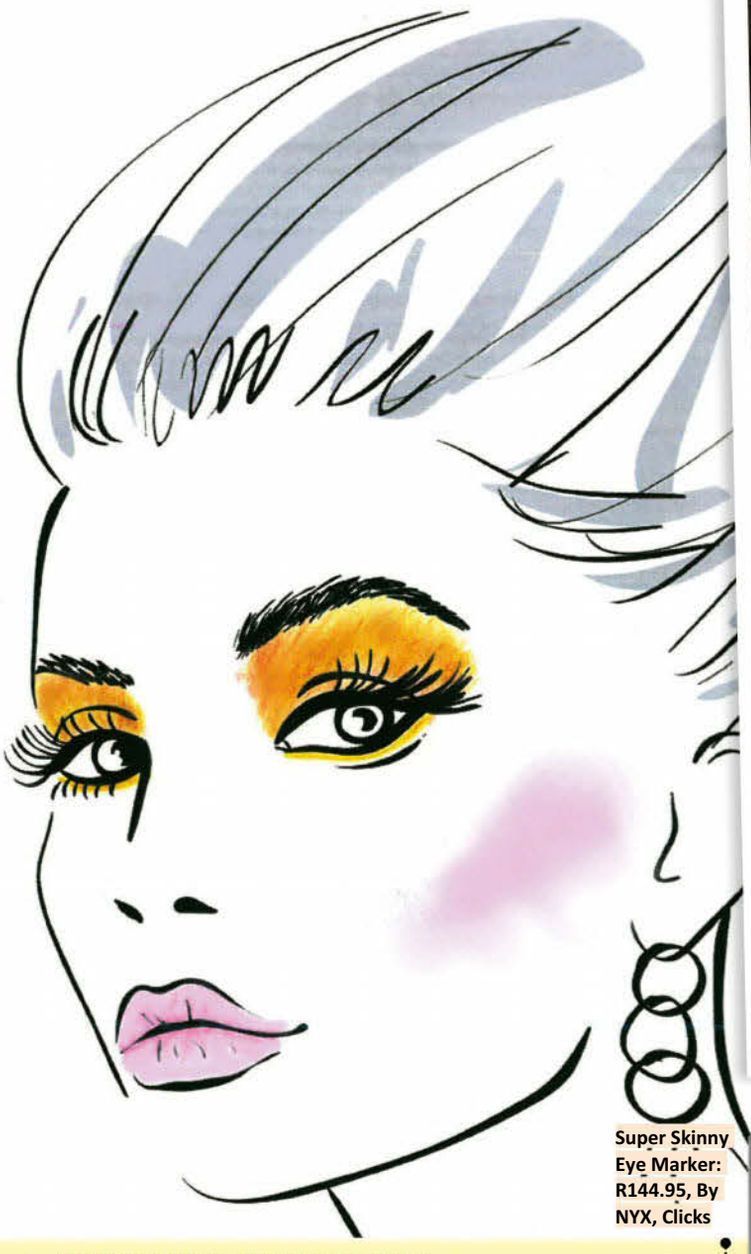
Cakeliner: R199, MUD

Pencil In Deep Violet: R135, Bodyography



Twist Up The Volume Mascara: R135, By Bourjois, Clicks

[redacted] Colour Of The [redacted] By [redacted]-Chem



Super Skinny Eye Marker: R144.95, By NYX, Clicks



Kim Kardashian

SIXTIES-INSPIRED

KIM KARDASHIAN is definitely the 'kween' of 'kontouring'. She highlights her face perfectly. What's more, she has been transforming her looks lately, and we love it!

Wear It If...

...YOU'RE a fan of **Twiggy** (or **Kim**) and want to experiment with your look, if there are areas of your face that you want to contour or highlight, or if you are looking for the perfect alternative to dark smoky eyes for the evening – you will definitely stand out from the crowd!

Get The Look

KIM takes inspiration from the '60s with a fresh-faced look that includes a golden complexion and a dramatic winged cat eye. **Kim**'s top lid and corners of her eyes were lined heavily, so opt for only mascara on the waterline to keep the wide-eyed look. A pale peach colour with warm tones is a great nude for those with tanned, olive or darker skin tones, and a creamy texture makes for a smooth application. Add a little sparkle to your make-up routine with highlighter. Sweep a light dusting of highlighter on the tops of the apples of your cheeks (right above where you would apply blush) with a fan brush to make your skin look more radiant, and you'll look more awake. Don't put highlighter too close to your under eye area, though, as this could draw attention to any dark shadows under the eyes. Also, be careful not to use too much highlighter. You want to avoid looking like a vampire from *Twilight*! Brush a translucent powder over if you need to soften the look.



Cream-To-Powder Eyeshadow In Nude Beige: R270, Clarins

PhotoReady Concealer In Hero: R139, Revlon

Ultra Thin Lipstick In Tan: R39.50, Ralo Cosmetics

Gold Eyeliner: R99, Gosh Cosmetics

STOCKISTS: ANNIQUE: (012) 345-9800 ✦ BODYOGRAPHY: (011) 463-9912 ✦ CARLTON HAIR INTERNATIONAL: (011) 783-3309 ✦ CLARINS: (011) 809-6300 ✦ CLICK 'N CURL: (011) 784-6132 ✦ CLICKS: 0860 254 257 ✦ DIS-CHEM: 0860 347 243 ✦ ESSENCE: SELECTED RETAILERS ✦ GHD: WWW.GHDHAIR.COM/ZA ✦ GOSH COSMETICS: 0800 203 925 ✦ MAX FACTOR: CLICKS ✦ MUD: WWW.MUDSA.CO.ZA ✦ OLIVIA GARDEN BRUSHES: SELECTED RETAILERS ✦ RALO COSMETICS: (021) 949-5534 ✦ REVLON: (011) 971-0812 ✦ SPLUSH: (011) 675-3278 ✦ WOOLWORTHS: 0860 022 002

TV personality, author, lifestyle and fitness expert **Lisa Raleigh** will help you achieve your desired celebrity body.

FOLLOW your favourite celebs' exercise routines and look and feel as good as they do!

Celeb Fitness



BY LISA RALEIGH

Post-Baby Fitness With Eva Mendes



IT'S only a few months after the birth of her baby girl, and Eva Mendes is already back in red-carpet-ready shape. The new mom is over 40 and yet still manages to put many 20 year olds to shame. Here are a few health and fitness tips the actress follows:

- **MAKE it a habit: Eva** knows she needs routine to help stay in shape – even though she's not a big fan, so she trains a minimum of three times a week.
- **KEEP It varied:** Changing up your workouts is an important part of keeping your metabolism fired up. The star practices a mix of running, sprinting, lifting light weights and yoga.
- **TAKE it outside:** When the usual workout isn't sounding appealing, **Eva** hikes with her personal trainer. This offers light resistance, fresh air and a pleasant distraction from the task at hand.
- **SKIP the meat: Eva** doesn't believe in factory farming, and hasn't eaten meat in six years as a result. The star credits this for clearer skin and more energy.

INCLUDE these three yoga-inspired moves into your workout for a toned body all over like Eva:



1

Bridge

SIT on the ground with your hands behind you and knees bent. Slowly rise up into the bridge position, forming a straight line from your head to your knees. Hold this for a few seconds then slowly lower yourself back down. Aim for three sets of eight to 10 reps.



2

Standing Splits

BEND over straight legs and place your hands on the floor. Slowly lift one leg up as high as you can in the air – pushing it as far into a splits position as you can. Hold this for a few seconds then slowly curl the raised leg down into your chest. Aim for two sets of eight to 10 reps with each leg.

Plank To Downward Dog

START in the plank position with your body forming a straight line. Slowly bring your head towards your knees into the 'downward dog' position, pushing your chest out and pushing your heels towards the ground. Hold this for a few seconds then slowly lower yourself back down to plank. Aim for three sets of eight to 10 reps.



3

Send Lisa your questions. E-mail people@caxton.co.za and write fitness in the subject line.
www.lisaraleigh.co.za | lisa@lisaraleigh.co.za | Lisa Raleigh Fan Page – Facebook | @LisaRaleighSA – Twitter | LisaRaleighTV – YouTube

PICS: GREATSTOCK

Body News

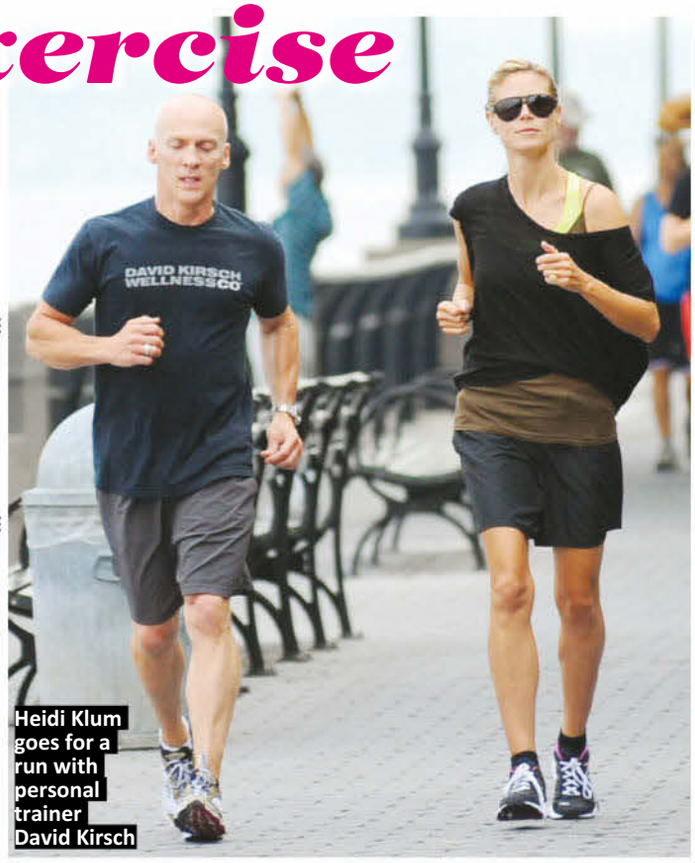
BY ANGELA BEKIARIS

GET into shape (and not the round kind!).

CELEBRITY Glute Exercise

DAVID KIRSCH, who trains models Heidi Klum and Naomi Campbell, suggests you try the following move to sculpt your own box-office butt.

* Lie face down with your hips resting on a stability ball, and your hands and feet on the floor for balance.
* Walk your feet out behind you so your legs form a wide V.
* Slowly lift both of your feet about 30cm off the floor and squeeze them together.
* Lower your toes back down to the floor, spreading them into a V shape at the bottom of the move, and repeat for a total of 15 to 20 reps.



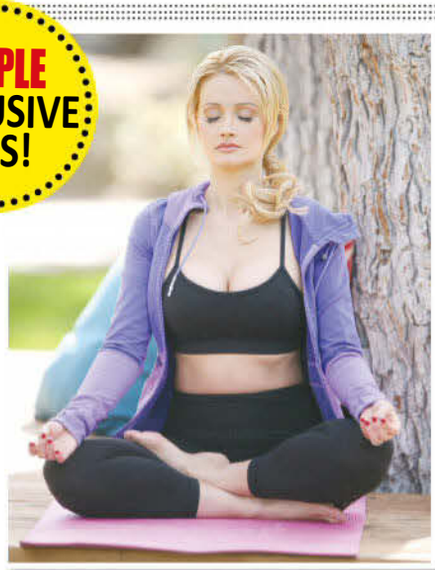
Heidi Klum goes for a run with personal trainer David Kirsch

Avoid Common Gym Injuries

1. Warm-up before and after your workout
2. Stay focused and listen to your body
3. Don't try too much, too soon



PEOPLE EXCLUSIVE PICS!



Holly Enjoys Outdoor Yoga

HOLLY MADISON has always been a sexy woman – she was a *Playboy* model after-all. But the star has also always worked hard to stay in shape. Even while pregnant, **Holly** enjoyed her yoga and seems to still be hooked on it. The former girlfriend of **Hugh Hefner** was recently seen enjoying some yoga outdoors in Las Vegas, where she showed off her toned post-preggy body.



Get Fitness Ready



Yellow Top: R299, By New Balance, Zando

Criss Cross Capri Pants: R779, By D & A Active, Zando

Cross Trainers: R119.99, Mr Price

STOCKIST: MR PRICE: 0800 212 535 / ZANDO: 0861 92636

Outdoor Yoga: The Benefits

ANYTHING outdoors always seems healthier – there's nothing like being outside to get you feeling more motivated and hyped-up! But what are the actual benefits of outdoor yoga? We share some:

* You don't have to stare at a ceiling – you can enjoy the sky, feel the wind and watch the passing birds.
* You are breathing in fresh air.
* Attain peace of mind by listening to the sounds of life around you and connecting to nature.
* It gives you more confidence – not to mention incentive to stay dedicated – because you're on display.
* Mat or not, the natural uneven surfaces such as sand or grass can intensify a yoga posture and its physical benefits. It builds secondary muscles of a yogi's feet, hips, spine and shoulders, say experts.

PICS: GREATSTOCK / WWW.ELITEPHOTOAGENCY.COM / MAGAZINE FEATURES

Courtesy of www.all4women.co.za, www.theyogahub.ie, www.yogajournal.com, www.pilates.about.com and www.fitnessmagazine.com

*PRODUCTS AND PRICES CHECKED AT TIME OF GOING TO PRINT ARE SUBJECT TO CHANGE

MAKE yourself the picture of good health!

10 FABULOUS Weight Loss Tricks

BY ANGELA BEKIARIS

Health News

4 Foods For Weight Loss

1. AVOCADOS: Yes, this good fat will help you shed some kilos. Among other benefits, avocados contain high levels of oleic acid – the same as in olive oil – and they have been shown to help your body to digest nutrients better.
2. NUTS: They are a healthy snack food that contains high levels of healthy fats, as well as protein and fibre.
3. FRUIT: While it does contain sugar, but fructose – the sugar found in fruit – is NOT the same as white table sugar. It's natural, not processed. Fruit also contains fibre and is loaded with vitamins and minerals.
4. RED MEAT & CHICKEN BREAST: They are fantastic diet foods, say experts, who add that they're high in protein, a good source of a bit of saturated fat, and really filling. Red meat also contains high levels of iron, which is important for general health.

Gwyneth & Osteoporosis

WHILE many stars have admitted to suffering from osteoporosis – including the late **Joan Rivers** – young and fit **Gwyneth Paltrow** was one that shocked us! Apparently the actress is showing some of the symptoms, and on a blog she stated that her private doctor had told her that her condition was in the first level of this disease. According to **Gwyneth**'s doctors, the star's bone is low in vitamin D. She underwent a bone scan and other procedures for immediate treatment and a continuous recovery.



Jumping For Osteoporosis

SOURCES say jumping exercises are beneficial for women with osteoporosis. According to All4Women.co.za, jumping works for women with mild knee osteoporosis: a study found that 80 postmenopausal women, from ages 50 to 65, who had mild osteoporosis and knee pain improved bone strength by doing exercises that involved jumping. High-impact loading as well as rapid change of movement showed great results.



PEOPLE EXCLUSIVE PIC!

Charlize Theron spotted leaving yoga class

Charlize Sweats It Out In Yoga

SHE might have long legs and great genes, but keeping a body like hers takes motivation, dedication and hard work. **Charlize Theron** was recently seen leaving a yoga class which left her sweaty, a form of exercise we all know keeps you toned and healthy. Did you know that yoga is a 24/7 practice – true yogis practice yoga every second of the day.

5 Tips To a Healthier You

LAST week we shared some great tips on staying healthy, as revealed by doctors on popular TV show *The Doctors.* Here are five more:

1. Downsize your dessert into a shot glass.
2. Beware of hidden sugar in breath fresheners.
3. Avoid toothpicks when cleaning teeth – they are not a safe substitute for dental floss!
4. Use laser-light therapy to rejuvenate your skin.
5. Hydrate your skin and moisturise your face throughout the day.



Pilates For Calvin

CALVIN HARRIS is one of the many men in the entertainment business who enjoys Pilates (contrary to the belief of some, Pilates isn't just for women – after all, it was developed by a *man*, Joseph Pilates). The singer was seen sweating it out during a class in Los Angeles, just one of the many exercise regimes he does to keep his body in tip-top shape.

Benefits Of Pilates For Men

- Core strength
- Flexibility
- Balance
- Uniform development
- Efficient Movement Patterns





PEOPLE EXCLUSIVE PICS!

TIP

PILATES can be especially beneficial for men whose workouts often emphasise a part-by-part approach to muscular development, such as weightlifting.

Courtesy of www.all4women.co.za, www.livescience.coma and www.healthresearchfunding.org

Mind News

BY ANGELA BEKIARIS

MIND your mental health!

12 SIGNS OF Anxiety Disorder

EVERYONE gets nervous or anxious from time to time. However, anxiety can become so frequent, or so forceful, that it begins to take over their lives. Here are some of the signs to look out for:

- Excessive worry
- Sleep problems
- Irrational fears
- Muscle tension
- Chronic indigestion
- Self-consciousness
- Stage fright
- Panic
- Flashbacks
- Perfectionism
- Compulsive behaviour
- Self-doubt

Did You Know?
A LOSS of interest in once-pleasurable activities is one of the symptoms of clinical depression.



How The Young Stars Relax

STRESS affects everyone – even the young! We take a look at how the youngsters in Hollywood take time out.



- Singer/*X Factor* star **Demi Lovato** turns off her phone when it's time to chill and takes some quiet time through meditation. "Happiness takes more than seeing a therapist once a week," she says, adding, "I make time for myself and meditate. And I haven't used my cell in three months! Subconsciously, it was a crutch. When a room gets quiet, what do you do? Grab your phone! Now I can sit and have conversations with people."



- Young **Kylie Jenner** blocks everything out by listening to music. "I put my headphones in and just sit by myself and listen or find a quiet space," she says.
- *Vampire Diaries* star **Nina Dobrev** turns to yoga. In fact, she loves it so much, she's even thought about opening her own studio one day.





- **Justin Bieber** watches movies and hangs out with his friends to relax.
- Singing sensation **Taylor Swift** uses her songwriting to escape – according to her, it's a form of therapy and stress-relief.



PICS: GREATSTOCK / PEOPLE IMAGES

12 Signs Of Depression In Men

- Fatigue
- Sleeping too much or too little
- Stomach- or backache
- Irritability
- Difficulty concentrating
- Anger or hostility
- Stress
- Anxiety
- Substance abuse
- Sexual dysfunction
- Indecision
- Suicidal thoughts

Did You Know?
DEPRESSION can manifest in different ways in different people.





Did You Know?
EXERCISE is linked to improved cognitive function, including memory, attention, and the ability to alternate easily between different tasks.

Nurture Your Brain

1. Stop smoking: Researchers have found evidence that smoking impedes cognitive function and may even shrink the size of your brain's hippocampus. Smoking can also decrease abilities related to memory, planning, and overall mental health.

2. Eat brain food: Feed your brain with foods high in Omega-3 fatty acids (walnuts and fish), rich in magnesium, rich in antioxidants (fruits and vegetables), and rich in wholegrains.

3. Exercise regularly: Your brain needs exercise just as much as your body. Your physical health is important, but your mental health is, too. Cardio activity releases a powerful mix of hormones to improve mood, relieve stress, and boost concentration.

4. Get enough sleep: That means six to eight hours of sleep each night, according to experts.

5. Meditate daily: It's believed to improve decision-making and information-processing abilities.

Courtesy of www.all4women.co.za, www.health.com and www.huffingtonpost.com

Dear Doc

Dr Karen Koch, a general practitioner, answers your health questions.



DEAR DOC,
I JUST broke up with my girlfriend. She wants to stay 'friends'. Is this even possible?
Not Me, It's You

DEAR NOT ME, IT'S YOU,
GENERALLY, during a break up 'let's be friends' is code for 'let's not be enemies'. It unfortunately doesn't always translate in real life.
It is possible to remain friends, but it's tough. It also depends on how you broke up and how you feel about her. If you were friends during your relationship (i.e. you had something that was more than just the physical/emotional/sex connection), then there are good chances you can maintain some kind of friendship thereafter.
It also depends on what your motive might be for continuing the friendship. If you're simply hoping to find a way to get back together with her, then this is unhealthy and will only lead to further pain.
It also depends on whether you need space to move on from the breakup. Most people struggle to transition to being 'just a friend', unless the relationship fizzled out from both sides. If you still have feelings for someone then continuing to hang around them is not the best way to move on with your life.
You also need to seriously consider how you will feel if she does start dating again. Even if you're okay with it, do you think her future partner will be? New partners will always be suspicious about the old ones, and the closer you keep your old partners in your circle of friends, the more friction it's likely to create with your new partner.

DEAR DOC,
MY boyfriend and I are in the third month of our relationship and it feels as though there's a lot of tension. We argue over small things but we love each other a lot. Is it normal to feel as if I want to him and kiss him within the same hour?
Hot And Cold

DEAR HOT AND COLD,
WELCOME to the world of romance – which is not the way Hollywood portrays it. The unfortunate truth is that while opposites attract, it's inevitable that all couples fight.
But some couples, despite loving each other very, very much are simply incompatible. The fighting outweighs the loving. If fighting makes you constantly miserable, is abusive, impacts your ability to have normal relationships with friends and family or gets in the way of your work, you need to take a long hard look at your relationship.
There is nothing harder than breaking it off with someone you still love. But the long-term question you need to ask yourself is, 'Is this person good for me?' It doesn't mean your partner is a bad person at all. He just might not be the one for you.

DEAR DOC,
I SUFFER from severe depression and currently go for counselling. I have been on several antidepressants in the past, but the side-effects are awful. Are there any natural supplements I can take to help manage my condition?
Battling The Blues

DEAR Battling The Blues,
If you search the internet you will find thousands of 'natural' remedies for depression. St John's Wort is one of the few herbs which have been found to be helpful. But St John's Wort can also interfere with the effectiveness of other medications, so it's best to check with your doctor before taking it.
Depression is a complex condition, so finding a cure is not simple. Antidepressants can help to increase levels of neurotransmitters (brain chemicals) where low levels are causing depression. Counselling is very important – to deal with depression as well as identify and manage your triggers.

DEAR DOC,
I'M GAY but married to a woman. I care very deeply for her, and I know she is going to be broken. I have no idea how to tell her. What should I do?
Trapped In The Closet

DEAR TRAPPED IN THE CLOSET,
THERE is simply not enough space in one column to do justice to your question. Coming out to your wife is probably the most painful thing you will ever have to do. But you have to do it.
There is no 'good' way to tell her, but you should prepare yourself for her reaction and your response. If there are others involved – children, parents, siblings – then you need to be prepared for their reaction as well.
Marital issues are difficult on their own. Adding sexuality to the mix makes it infinitely more complicated.
I would highly recommend that you seek professional counselling. You need to be in a steady state to be able to break the news. Be practical about the discussion. Ensure that young children are safely being looked after. Make sure you both have time to have the discussion. You may think you know your wife very well, but it's almost impossible to predict how someone may take this kind of news. Try to be as honest as possible. She may have some very valid questions and some very mean-spirited ones. She will ask you whether you have been unfaithful. Try to answer all questions as calmly, honestly and kindly as you can. She may be extremely angry or lash out. Do not accept verbal or physical assault from your spouse: Leave, call a friend or contact the police if necessary. If you do have to leave, call someone who can tend to her.

DEAR DOC,
IS there anything I can use or do that will actually get rid of my cellulite?
Lumps And Bumps

DEAR LUMPS AND BUMPS,
YOUR question is one which women of all ages have been asking for decades. Welcome to the cellulite club! Ninety percent of women of all shapes and sizes have varying amounts of the stuff – even the really skinny ones.
Cellulite is caused by the way our anchoring connective tissue pulls down on the skin, giving the superficial fat a rippled appearance. Men have thicker skin and less superficial fat, making them less prone to the pillow-y appearance.
There are thousands of listed cures for cellulite – most of them are designed to remove money rather than fat. If you are overweight or undertoned, getting into shape can lessen cellulite (but not entirely banish it). Topical creams containing caffeine and retinol can help temporarily streamline your skin, but only while you're using them.
Dry brushing and upping your antioxidant intake (fresh fruit and veg) is undoubtedly good for your circulation and health, but is not guaranteed to bring you smoothness.
Clinical treatments such as Endomologie, Velashape and Cellulaze can reduce cellulite – usually by around 50-65 percent, but unfortunately it seems that without maintenance the dreaded dimples will return. The fight against cellulite is an ongoing one. Find what works for you and learn to live with the rest.

E-mail any questions to **people@caxton.co.za** and write **Dear Doc** in the subject line

Teen people

BY VANESSA PAPAS

EACH week get the lowdown on everything from selfies, social media and skating to surfing, snogging and smoking.

THE DOPE ON Drugs

THERE are party smarties, blow and smack; Tik, doobies and angel dust – but no matter your drug of choice, every one is dangerous.

DRUG addiction can be deadly if not treated. No wonder it's described by addicts as a 'journey to nowhere'. Hundreds of beautiful, talented and smart people have lost their lives because of drug abuse. We can all learn a thing or two about the tragic ends of celebs like Amy Winehouse, Peaches Geldof, Heath Ledger, Philip Seymour Hoffman, River Phoenix and Jim Morrison – all of whom died from a drug overdose. Illegal drugs are not controlled, which means that every Tom, Dick and Harry from China to Timbuktoo is mixing, cutting and bulking up. Know that the chances of your drugs containing added substances like rat poison, pool chemicals, detergent powder, and even HIV antiretroviral drugs, are pretty high.



PICS: GREATSTOCK / GALLO IMAGES

THERE are three main classes of drug: uppers (stimulants), downers (depressants) and hallucinogens (which cause you to see strange things). Uppers include cocaine, crack, Ecstasy, Tik, crystal meth or methamphetamine, amphetamines, ephedrine and khat. Downers include heroin and mandrax, while Hallucinogens include cannabis and LSD (Lysergic Acid Diethylamide).

THERE are four steps in the process of becoming addicted:

- **The experimental stage:** Most young people try drugs for the first time as an experiment, usually because their friends are doing it.
- **The recreational phase:** You don't actively try to acquire the drug, but partake when your friends offer it to you.
- **The regular-use stage:** You obtain the drug yourself and make sure you always have a stash, using it once or twice a week.
- **The dependency phase (AKA addiction):** At this stage drugs will be the most important thing in your life and any attempt to separate you from your high will be met with fierce resistance.

DRUGS are chemicals that have been scientifically proven to affect your brain's communication system and interfere with the way neurons normally send, receive, and process information. It doesn't matter which drug you try, the stuff you're smoking, sniffing or shooting up is going to affect your brain – there are no two ways about it.

CANNABIS, or dagga, contains more than 426 known chemicals, including the mind-altering substances known as THCs (tetrahydrocannabinols). Marijuana smokers can have many of the same respiratory problems experienced by tobacco smokers, such as a chronic cough, bronchitis, and a heightened risk of lung infections. Studies have revealed a link between marijuana use and later onset of schizophrenia, particularly in young, heavy smokers, and may cause infertility in both men and women. There have even been studies that suggest regular cannabis smokers have a higher chance of suffering lung cancer. Smoking cannabis while pregnant may also harm an unborn baby, leading to miscarriage or stillbirth, or infant death. Foetal marijuana syndrome – characterised by lower birth weight and developmental abnormalities – is five times more common than foetal alcohol syndrome.

THE drug 'Yellow Honey' is a deadly new form of marijuana that is seven times stronger than normal dagga and can cause a brain meltdown. This drug surfaced in Los Angeles recently and according to the SAPS Narcotics Bureau it will gain a foothold in South Africa soon. They say once that happens it will make the Tik problem look like child's play.

THINK only stupid people die of drug overdoses? You better think again, and quickly. When you use a drug regularly, your body develops tolerance of it, which means you'll need to use more to get the same effect. Similarly, if you haven't been using regularly – your tolerance will drop. As a result, when people take their usual hit after a break from using, it's often too much for the body to cope with – in other words, you overdose.

MOST heroin-related overdoses occur when other depressant drugs are taken too. Alcohol and benzos like alprazolam (marketed as Xanax) and temazepam (Temaze) are depressants, and mixing them with drugs like heroin or oxycodone greatly increases the risk of an overdose. Even if you survive an overdose (and your chances of crossing the rainbow bridge are pretty high), there's still the great possibility that your brain will have been so 'fried' anyway, you'll be left in a vegetative state for the rest of your life. Not cool.

TIK (methamphetamine) is the drug choice among many teens in the Western Cape. It acts as a stimulant, similar to cocaine, but stays in the system a lot longer. Experts have warned the use of Tik can lead to Parkinson's disease, schizophrenia and psychosis. Even worse, babies born to Tik users can suffer birth defects. Babies with their intestines having developed outside their tiny bodies is a regular occurrence at some Cape Peninsula hospitals.



COCAINE is a mind-altering drug extracted from the coca bush in Peru, Bolivia and other mountainous countries. It was once the glamour drug of the rich and famous, though many and more teens are taking it these days.

NOWADAYS more and more drugs are manufactured so they can be smoked – this way the effect is achieved much faster. When one smokes Tik, for example, it reaches the brain within 30 seconds. But when swallowed, it takes 10 to 15 minutes to have an effect.

ECSTASY is a rave or party drug and is often taken to keep you awake and able to dance through the night. Be warned. Ecstasy affects your brain by increasing the activity of at least three neurotransmitters (serotonin, dopamine and norepinephrine), and when these are depleted (serotonin in particular), chronic depression can result, and that means the party's over!

THIS article was compiled with the help of Locked Up – 2nd Chances For SA's (In) Mates; leading drug expert superintendent Casper Venter, a pharmacist in the chemical unit of the forensic science laboratory of the South African Police Service (SAPS); senior superintendent Deven Naicker, national head of narcotics at the SAPS; and the Medical Research Council.



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EVERY week we bring you stories of ordinary people who've overcome extraordinary circumstances and offer you the chance to pay it forward.

Upkeep With The Jones

people Has Heart

BY WARREN ROBERTSON

THE warmth and kindness of Donovan and Bernie Jones has made The Jones Safe House in Cape Town a godsend for abandoned or abused children.

THE story begins with a small foster home run by the Catholic Church. Like many other foster homes, this one was rundown and struggling for money, and the ageing priest, Father Milton Strebel, was battling a tide of expenses to keep it going. Upon his death The Immaculate Heart Foster Home could no longer be operated, and so the church asked the part-time volunteer handyman, Donovan Jones, and his wife, Bernadette, if they would consider moving into the property to ensure it didn't fall apart, and to take care of the final wrap-up. It looked as though the little charity had run its course… But Bernie and Donovan had other plans.

A builder with his own small company, Donovan began using his own funds to keep the home open. Giving a little here, and a little there, the work became a larger and larger enterprise, until taking care of the home as well as the children who needed it became a full time job of its own. By day Donovan would head off to earn money, bringing what he could back to the now renamed Jones Safe House to pay the bills. By night he and his wife had become friends, carers and parents to a growing group of children.

"It was a complete change from what we had been used to. We went from doing well for ourselves to suddenly finding we were scraping the pennies together to pay for food, or someone's school shoes," says Donovan, who adds, "It was amazing. Our lives changed focus, and it has brought us so much happiness."

As time went on, more children came to the house, either informally – from parents who weren't coping – or occasionally through the courts. The children kept coming, and the Joneses proudly kept taking them in, boys and girls alike, never turning anyone away – but their struggle grew harder.

"I used to see all these abandoned and abused kids, and at that time, I was honestly afraid there were no good people left in the world. No one was helping us, you see, but that was my fault," he says.

Donovan admits he is a proud man, who at first didn't want to ask his neighbours for assistance. The day he did though, the warmth of the community he had lived in all his life, really began to show.

"Now people in the community try to help when they can. I get groceries from one person, and a clothing donation from another, someone else will come in and donate an appliance we need, or money for petrol. All I had to do was ask," he says.

It's clear from the premises, however, that things are by no means easy. Donovan estimates that he cares for 20 children at the home at the moment and says he will still take more if he can squeeze them in.

Back in 2008 the church sold the home, but the Joneses were fortunate to find the new owners had no immediate plans, and were happy for them to stay on. However, the owner has now found need for the land, and so the Joneses will soon be moving to a new, smaller premises down the road. But, though smaller, the home will belong to the Jones' Safe House, and will become the new place in the community where people know there is an open door, and warm hearts waiting.



Bernie and Donovan







PAY IT FORWARD

If you would like to help out this incredible home, donations are always welcome.
You can make them via EFT to –
Bank: Absa
Acc name: The Jones Safe House
Acc no: 927 368 1078
Branch code: 632005
SWIFT code: ABSA ZA JJ
Reference: Donation + Surname.


Some of the residents of the home

Have a story for People Has Heart? Email vancom@telkomsa.net

Celebrity Slim Down

NO time to diet? Take a tip from Tinseltown.

LIFE can be so hectic in Hollywood that the top A-listers barely have a chance to check what they're eating. However, with a new crop of diets being celebrated by our favourite starlets, it seems you don't even need time to stay slim in Tinseltown.

Designed to fit in around any hectic schedule, the likes of front-row favourite **Olivia Palermo** and stunning singer **Taylor Swift** are keen to test this new batch of eating plans. We've got the speeded-up skinny on the best regimes around for the busy women with no time to spare!

THE NO-TIME-TO-LOSE DIET

IS your life too hectic to factor in healthy eating, weigh-in sessions or lengthy chats with a nutritionist? Then this is the perfect diet for you, combining no-nonsense advice with an eating plan that's customised to suit you.

Sub-titled '*The Busy Person's Guide To Permanent Weight Loss*', this is the brainchild of Dr Melina Jampolis, a clever lady who's done plenty of research and crammed it in like doughnuts into a carb-lover's mouth.

Get (The) Skinny

ONE of its founding principles is the fact that each of us has a different metabolism, burning off food and putting on weight at very varied rates. According to the *No-Time-To-Lose* plan, you can adjust your carb intake depending on your health, age, and level of activity – and you'll soon see the results. The good doctor makes it nice and simple, fool-proof even: it's easy to calculate and even easier to bear in mind when you're reaching for that doughnut.

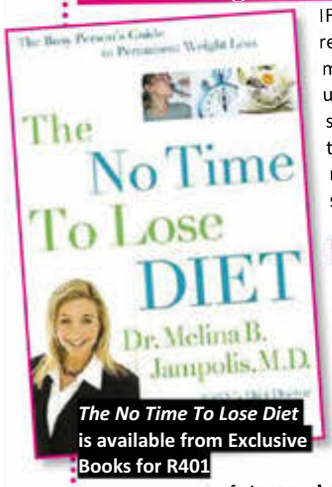
What's On The Menu?

YOU'VE got mainly complex, fibre-packed carbs, healthy fats and lean proteins to look forward to, so think fruit, veggie, lean meat or fish and some starchy foods. Dr Jampolis' book is packed with simple meal plans so you don't have to waste precious time cooking complex recipes or weighing out quantities. There are plenty of mix-and-match options for breakfast, lunch, dinner and snacks – plus guidelines on eating out, too.

PICS: GREATSTOCK

And Breaking A Sweat?

IF you want to shift some serious kilos, new research shows you need to work out for 90 minutes a day. However, Dr Jampolis accepts this is unrealistic – but she still advises an hour a day, plus some strength training each week. Find the time to do more, and you'll lose weight faster. The good news is that small things add up, like taking the stairs or walking while you're on the phone.



The No Time To Lose Diet is available from Exclusive Books for R401

Try It For Yourself

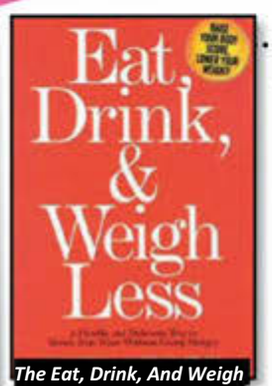
FOR breakfast, Dr Jampolis suggests a fast frittata: half a cup of cooked veggies, plus half a cup of egg substitute (which you should be able to find at the grocery store), microwaved for two minutes. For lunch, try a tasty two-bean salad: Take two cups of cooked green beans, two tablespoons of crumbled feta and half a cup of chickpeas, and dress with two teaspoons of olive oil and two teaspoons of vinegar. Add 170g of chicken, tuna or salmon if you fancy more protein.

Who Would It Suit?

ON-THE-GO singer **Taylor Swift** is frequently jetting the globe – and getting snapped with her famous boyfriends while she's at it. This would give her a simple, at-a-glance guide to monitoring her munching.



Taylor Swift



The Eat, Drink, And Weigh Less diet is available from Exclusive Books for R419

EAT, DRINK, & WEIGH LESS

THIS diet, developed by Walter Willett and celebrity chef **Mollie Katzen**, is so cool it's even got an acronym: EDWL, presumably for those too busy to say the whole title. But this is no flimsy fad – Dr Willett, the author of hundreds of scientific papers, heads up the department of nutrition at the Harvard School of Public Health. It's not glam or packed with suggestions you swap lunch for chocolate or a martini... The EDWL plan is based around wholesome, mainly plant-based foods. First published in 2006, it is consistently rated as one of the best diet books around. Despite its catchy title, though, it's taken a while to hit Tinseltown.

Get (The) Skinny

A GOOD, sensible diet is just what Hollywood's been waiting for, and EDWL delivers. There's a 21-day plan, which contains recipes, so you've got three weeks to get to grips with it before you're on your own. Veggies will be as happy as carnivores, too, as there are plenty of protein choices.

What's On The Menu?

LOTS and lots of vegetables, good fats, lean proteins and wholegrains! Plus, if you really can't cut out white flour goods, you can still indulge a little. You do need to be organised, as cookbook author Mollie has got lots of ideas – you just need the shopping list. You can mix and match the menus as much as you like: each breakfast, lunch and dinner contains roughly the same number of calories as the others. But she knows we're all busy, so there are tips on preparing food for the next day, plus there's a 'fallback meal' option for those who don't have time to cook. You can either have a plate laden with a protein of choice, two or more green veggies, an orange vegetable and a serving of whole grains, or you're allowed a large salad with some tasty protein and cooked wholegrains. And more good news: you're allowed a glass of wine a day!

And Breaking A Sweat?

THERE'S not too much detail on exercise in the diet, though the authors do stress its importance.

Try It For Yourse

HERE'S a sample menu for breakfast: fruit platter – one kiwi, half a cup of blueberries and half a banana, with a cup of low-fat cottage cheese or two-thirds of a cup of yoghurt, a slice of wholegrain toast, a tablespoon of peanut butter, and coffee or tea with a teaspoon of sugar or honey to taste.

Who Would It Suit?

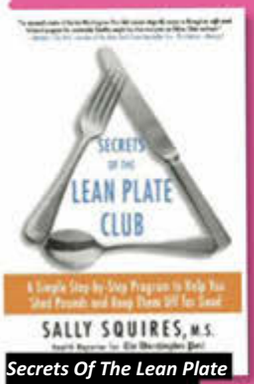
SEXY vegan starlet **Olivia Wilde** could find plenty to interest her on this plan, which would suit her hectic filming schedule too.



Olivia Wilde

THE LEAN PLATE CLUB

DEVISED by Sally Squires, this has been a phenomenon online and in the *Washington Post* for more than a decade, although she recently summarised it handily – and speedily – into a book, *Secrets Of The Lean Plate Club*. Her column insights cover everything from exercise tips to healthy meal suggestions. The book opens with five chapters of vital diet basics, including basic nutrition guidelines, and there's also a number of questionnaires that examine our motivations. It's all useful stuff and Sally makes it clear there's no magic bullet: Lasting weight loss takes time to achieve.



***Secrets Of The Lean Plate Club* is available from Exclusive Books for R299**

Get (The) Skinny

THE main body of the diet is an eight-week programme, aiming to help you reach your target weight. It might not be a realistic time frame, but you'll be well on your way. And Sally doesn't pitch you in at the deep end: Each week you focus on a new nutritional aspect of your meal and add in a small amount of exercise. For example, she advocates introducing a range of colours to your diet spectrum – think blue, with plums or blueberries, and then blue corn or purple asparagus.

What's On The Menu?

NOTHING is off-limits in *The Lean Plate Club*, but it's all about making great choices. Your shopping trolley should be full of a riotous rainbow of colours, with gorgeous fruit and vegetables in every hue. There's an emphasis on choosing foods packed with fibre, which help you feel fuller for longer, and lessons on food substitutions too, so you can swap bad for good. The idea behind introducing these ideas slowly is that they become so ingrained, they become healthy habits for life.

And Breaking A Sweat?

WHILE you're making small adjustments to your way of eating, Sally also encourages dieters to bring some exercise into their daily routines too. Initially a pedometer is designed to get us thinking about how much we move about, and then in the second week it's a short daily walk, until by the end of two months, you're walking for 30 minutes a day and enjoying resistance training three times a week.



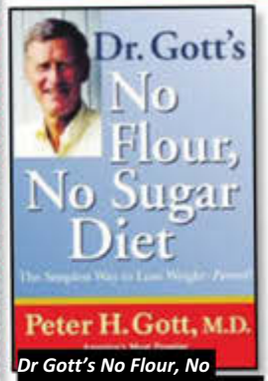
Try It For Yourself

SALLY is also all about time- and money-saving while keeping it healthy. Her top breakfast suggestion? "Make a big batch of hearty, steel-cut oatmeal on the weekend. Freeze individual portions, then heat in a microwave for a fast breakfast during the week. Top with nuts and raisins."

Who Would It Suit?

BUSY working mom **Jennifer Lopez** swears by her fresh health smoothies each day – the *Lean Plate Club* could offer her another fantastic shortcut to staying in shape.

DR GOTT'S NO FLOUR, NO SUGAR DIET



***Dr Gott's No Flour, No Sugar Diet* is available from Exclusive Books for R225**

REFINED sugar and processed flour are responsible for many 'empty' calories in our modern Western diets, so Peter Gott's recommendation is simple: ditch them. By switching white bread or white rice for more nutritious wholegrains, we're gaining a whole lot more goodness as well as feeling more satisfied and energised for longer.

Get (The) Skinny

IT'S easy to follow and Dr Gott's simple diet really does pay off – it could also be called the 'No Junk' diet. By cutting out refined sugar or baked goods made with white flour, you will slash your calorie intake, while still feeling full. It does involve a fair amount of label reading to ensure no evil white goods are sneaking past your lips, but the bonus is that you'll speed up your metabolism and burn fat faster. You're also avoiding the inevitable blood-sugar crash that follows eating large amounts of sugar, which gives a quick energy surge but then a spike in insulin levels, which leaves you feeling worse afterwards.

What's On The Menu?

AVOIDING those sinful foods means you'll be choosing lots of fruit, vegetables, fresh meat or fish, and dairy products. And instead of reaching for a sweet, sugary snack, try something with plenty of fibre in it, which can still hit the spot, like dried fruit and nuts.

And Breaking A Sweat?

WORKING out is a key factor in shifting extra weight, and Dr Gott is well aware of this. Although there isn't a strict exercise plan, he is clear on one point: exercise shouldn't be a punishment, so find something you'll look forward to doing and do that for 30-60 minutes each day.

Try It For Yourself

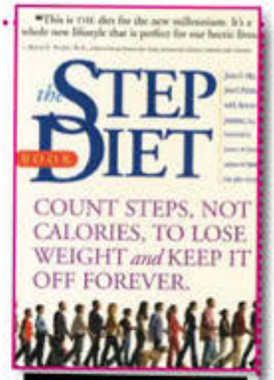
THE main way to make the most of this diet is to make sure you divide your plate in half. Fill half with non-starchy vegetables (think lean and green, like asparagus or spinach, as opposed to dense and heavy, like carrots, pumpkin or sweet potato), or a mixture of fruit and non-starchy veg. The other half gets half protein, like lean chicken, and half wholegrains, like brown rice.

Who Would It Suit?

GORGEOUS **Rihanna** has a hectic performance line-up and this diet could give her the long-lasting energy to hit the stage before hitting the town.



THE STEP DIET



***The Step Diet* is available from Amazon.com**

OBESITY expert James Hill is the main brain behind this diet, which is co-written with weight experts Bonnie Jortberg, Pamela Peeke and John Peters. Its central premise is that you can lose weight by gradually raising the amount of exercise you do each day. But the good news is that it doesn't have to be strenuous exercise – it can be small shifts, like using the stairs instead of the lift. There's a reason their book is subtitled *Count Steps, Not Calories, To Lose Weight And Keep It Off Forever* – by donning a pedometer, you'll become aware of how many steps you're taking... Then you add an extra 500 steps a day, until you've reached the golden 10 000 step stage. Oh, and you also have to cut down your food portions by 25 percent.

Get (The) Skinny

BY dramatically slashing the amount of food you consume, you don't have to limit your choice of food. But Hill and co are tough taskmasters – you are allowed to indulge in your favourite treats but only on the condition that you increase your number of steps on that day (don't worry, there's a handy chart in their book to help you work it out).

As well as referring to the steps you're taking, the diet also includes a six-step programme to ensure you really get the message: eat less and move more. Its main things to bear in mind are maintaining the proper energy balance, remembering that small changes drive success, starting with physical activity, anticipating success (but not instantly) and, most importantly, remembering the maintenance of weight loss is more important than the speed or amount of weight loss.

What's On The Menu?

ANYTHING you like – just less of it. On the *Step Diet*, you don't have to give up entire groups of foods, like carbs or fats, but you will learn how to make small changes that cut your overall food intake, as well as burn more calories. You are encouraged to make healthier choices, but portion control really is the key to success. The main point is that you're encouraged to make small changes for easier – and quicker – results.

And Breaking A Sweat?

CLEARLY, by the time you're hitting 10 000 steps a day, you're on your way to becoming pretty fit. If you're not hitting your target, you're encouraged to hit the treadmill for a walk, or walk to the shops instead of driving, and it all adds up, making it a valuable tool for long-term lasting weight loss.

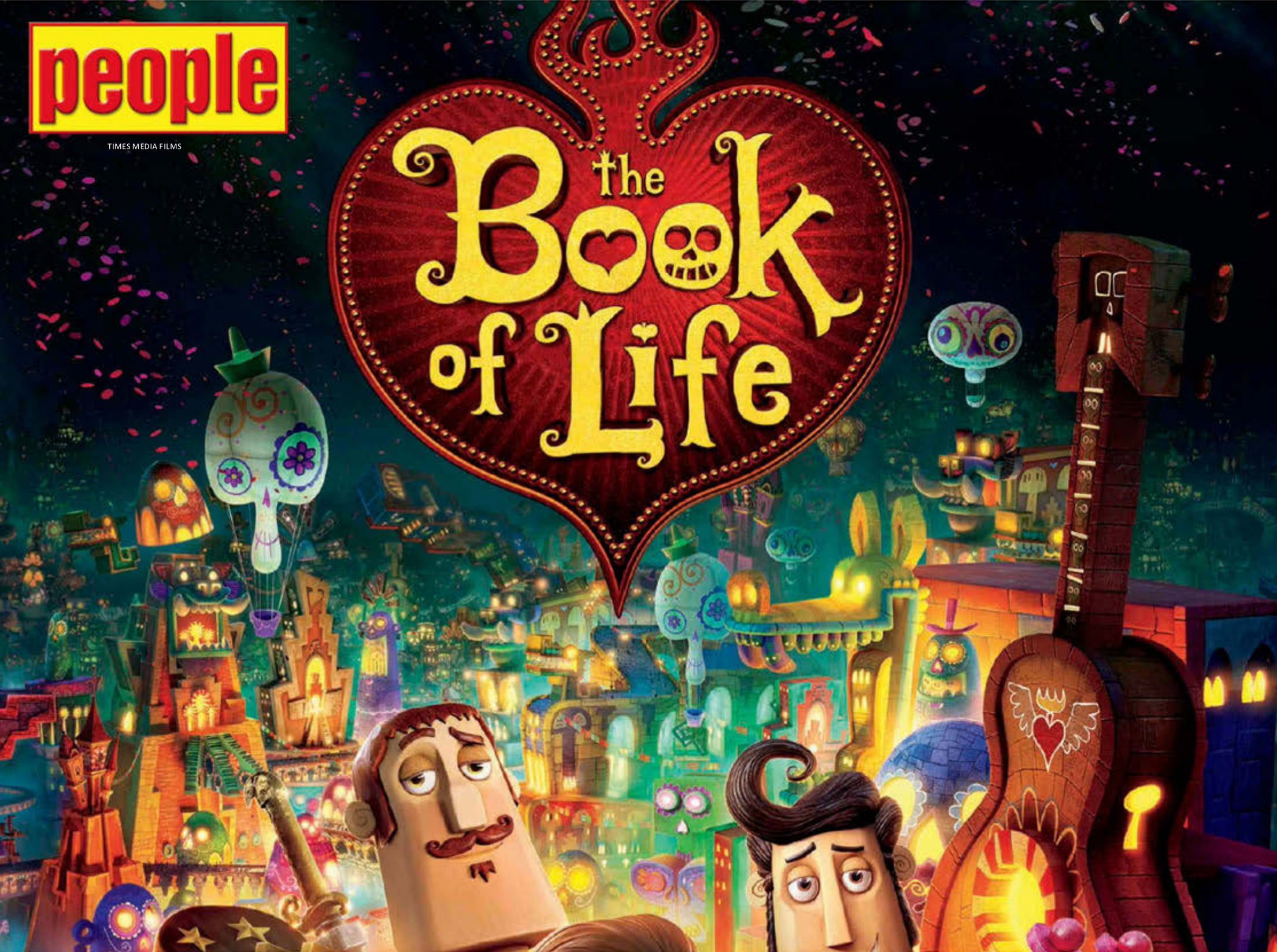


Try It For Yourself

FOR breakfast, choose from (high-fibre, low-sugar) cereal, fruit or pancakes (without butter), while lunch can be a sandwich – just consider ditching one slice of lunch meat (lose 65 calories), one slice of bread (save 90 calories) or leave out the mayo (save 100 calories).

Who Would It Suit?

SOCIALITE **Olivia Palermo** is always at every fashion show and must put in a few paces on her expensive shoes – this plan could help her keep track of the ground she was covering, as well as how much she could eat to retain her svelte shape.


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Real Life

Exclusive!



Christie has gained weight and now she wants to inspire others

Dangerously starved and thin

A TEENAGER who starved herself to just 31kg tells how an eating disorder almost killed her.

Wasting Away...

PRETTY Christie Swadling restricted herself to as little as 200 calories a day in an attempt to resemble her idol, Miranda Kerr. But her desire to look like the Victoria's Secret model left her in hospital after her heart rate dropped dangerously low.

Christie, now 18, was once a talented long-distance runner and competed in regional competitions. Eventually, though, as she wasted away, she became too weak to walk, even collapsing on one occasion after attempting a slow jog.

Now Christie is on the road to recovery, and after gaining almost 13kg feels she is ready to share her message in an attempt to support other people who struggle with an eating disorder.

"I was a big fan of **Miranda Kerr** and I liked the fact that she was very tall and very slim. I loved her stomach. I've always had a problem with my stomach and hers is just so flat and her ribs look lovely," Christie says.

Her concerns about her body started when she was just nine years old, and by the time she was 12 she'd started restricting her intake of food. She began exercising excessively – for up to four hours a day, six days a week, and became obsessed with losing weight.

"I always wanted to be one of the Victoria's Secret models, and I would watch their shows and read about them in magazines," she admits. "I would read the magazines and what they would eat and their diet plans. It made me feel like what I was doing was normal because other people were doing it. But eventually I got so ill that I stopped caring about the model look altogether. All that mattered was losing weight."

But by the time she was 16, Christie's weight had dropped to a frightening 31kg, and she accepted she had a serious problem. "I realised that I was smaller than **Miranda**. One moment I liked it and then I didn't like it at all, but the eating habits I had developed were too hard to break," Christie admits.

Christie hid her battle with her weight from her family, but her mom, Fiona, noticed her rapidly shrinking frame and took her to see a doctor in 2013.



Christie with her mom Fiona

Christie was diagnosed with anorexia nervosa and within a few months she was admitted to hospital as her weight continued to plummet. After being stabilised, Christie was discharged. "I was admitted to hospital, but as soon as my weight went up I was sent off, even though I was still struggling to cope. I feel like there is a real lack of help for kids out there with eating disorders. I had no-one to turn to."

It wasn't until a final stint in hospital on her 17th birthday that Christie's attitude to her body started

SOURCE: GREATSTOCK

to change. “I spent my 17th birthday in hospital because I was so weak and disorientated. The doctors said they didn’t know how I was still standing or even alive. I was so dangerously underweight that I was practically on my death bed. I started to realise that I was too focused on my weight and what was holding me back, rather than focusing on the positive things in my life and where I wanted to be.”

Now about 45kg, Christie is well on the road to recovery, and wants to help other people suffering from eating disorders. She started posting YouTube videos about her struggles, and has amassed over 600 000 views of her video ‘Anorexia Nervosa Almost Killed Me’.

“When I was suffering I didn’t really have anyone to talk to. No one actually knows what you’re going through. For me to be there, giving people help and advice, makes me feel great.”

Now Christie is following *The 80/10/10 Diet*, which is a high-carb, low-fat plan, and since gaining weight she is looking forward to the future. “Getting past that mindset has made me the person I am today,” she says, “And now I’m enjoying life rather than hating it. I want to keep helping other people with eating disorders and I’d love to be an interior designer one day. When I was sick I knew I wouldn’t achieve any of the things I wanted and that was my turning point – that was why I wanted to change.”

FOR help with eating disorders contact Tara hospital on (011) 535-3000.



On the road to health and happiness

Walking skeleton: Christie would consume only 200 calories a day

***The 80/10/10 Diet* by Dr Douglas N. Graham is available from Exclusive Books for R410.**

Verdict

BY WALTON GOLIGHTLY

THE DEADLY ‘ORPHAN’

THE victim was covered in blood. She had been beaten to death.

IT was March 3, 1953, when widow Martha Winterbauer received a phone call from a man who said he was in the air force with her son Paul. Paul had said his friend could phone his mother if ever he was in Dallas and needed a place to stay. During the course of the conversation, the man mentioned both his parents were dead. Martha immediately made arrangements to pick up the young airman at the Whitmore Hotel. She would give him a real leave, she decided, the kind his own parents would have given him if they were alive.

On March 14, Martha’s brother-in-law CH Winterbauer called the police. He was worried because he hadn’t seen nor heard from Martha in about 11 days. Entering her house, officers found Martha sprawled, fully clothed, on the lounge floor. Her body was swollen and dried blood was everywhere. She had been beaten to death.

Detectives heard about the young airman by talking to Martha’s neighbours. One said she had seen ‘the boy’ drive away in the dead woman’s car six days before.

Other officers began calling the friends of Paul Winterbauer. One girl told of being invited to the Winterbauer house about 10 days before, to meet a service friend of Paul. “He seemed awfully young,” she said. “Skinny, and short. Kind of shy. His name was Carmichael, and he had an odd first name, but I can’t remember what it was.”

Did she remember where he had been stationed? Sure. When Paul was sent to Korea, Carmichael transferred to Perrin Base at Sherman, Texas. Perrin Base sent police a file on one Brasil Carmichael, aged 18 and AWOL since March 1. His home was listed as Tampa, Florida, where his parents still lived. As one contemporary account of the case asks, “Had Mrs Winterbauer helped a man who was not the orphan he claimed to be, only to make an orphan of her own son?”

Martha’s neighbours and her son’s friends looked at the photograph from Perrin and said they were positive he was the airman who had been staying with Winterbauer. Fingerprints found in the house matched those in Carmichael’s file. But what had been his motive for murder? Police could find no evidence of robbery. Then detectives discovered that she had been paid two days before her death. The cheque had been cashed at a petrol station in a neighbouring town on the day of Martha’s death.

“Yes, that was the guy,” said the attendant when shown a photograph of Carmichael. Paul Winterbauer, who had returned home for his mother’s funeral, remembered the suspect as a thin, shy boy who had once bunked next to him. They knew each other casually – they were not buddies.

Carmichael didn’t surface until June 1955, when three members of the McPherson family of Dickenson, Texas, were murdered in their beds. A young airman, a friend of the McPhersons’ son, had been staying with them. Money was missing from the house and so was the car. The Carmichael file was dusted off. But when the killer was arrested, it wasn’t Carmichael! In mid-July, a fingerprint expert was making a routine check on the identification of a prisoner serving a 15-day sentence. The man gave his name as Glenn Whitmore, but his fingerprints were found to belong to Brasil Carmichael.

“It had been a routine check, unhurried,” notes one account of the case. “If the Mayville authorities had delayed six more days in sending in the prints, Carmichael would have served his 15 days and been released before the report went through.”

On October 6, 1955, Brasil Carmichael accepted a plea bargain of 99 years in prison in exchange for escaping the electric chair.



The Boy With A TUMOUR FOR A FACE

SEVEN-YEAR-OLD Aditya Mishra is in desperate need of medical treatment if he is to have any chance of leading a normal life.

PICS: GREAT STOCK

A SEVEN-YEAR-OLD boy has a huge facial tumour that has stretched and blackened his face – leaving other children scared of him. Aditya Mishra suffers from a rare condition – which has blinded him in one eye – and is having a series of operations to remove the mass that has obscured his face.

The child, from Ramnagar Sodhala in India, was born healthy, but over time the expanding tumour deformed his features, and as a result the young boy is often taunted with terms like 'ghost' or 'monkey' from other children, who run away from him in fear.

Despite his condition, Aditya is desperate to go to school like his younger brother, but has been told he will scare the other children.

Aditya's mother, Neetu, has had the painful experience of seeing her son live an isolated and increasingly difficult lifestyle.

"He becomes very sad at times. If he goes out to play with other kids, they get scared," she says. "My worst fear is what will happen if his facial tumour grows further – or it simply bursts? What will we do then?"

Shortly after his birth Neetu, and Aditya's father, Niraj Mishra, noticed that his right eye was slightly bigger than his left.

"It was very painful, I wondered why my son was suffering from such a condition," she recalls. "We could only watch helplessly as his condition deteriorated. His eyes were disproportionate. I could see his right eyelid growing and covering his eye. I was frightened it might affect his vision – and sure enough he lost sight in his right eye.

"He got headaches very often. He often complained about pain near the right side of his forehead and at times he wouldn't eat for days. He wouldn't even drink water! He'd just complain about pain and keep crying."

Aditya's father is a warehouse worker, and has sought medical advice to help his son.

"The doctors told us to get the CT scan, MRI done. We got the tests done but that was of little help," his wife explains, adding, "We were distraught. We were worried about how we would be able to arrange for his treatment. We

Strange But True

BY EUGENIA BOOI









Aditya will need a number of operations to remove the tumour and his parents and the community have saved money for the first one



As a toddler the tumour started to take over his face

took him to Benaras Hindu University Medical College – we left no stone unturned, but there was no positive response. We're worried sick about his future, about how he's going to lead a decent life with such deformity."

Doctor G. S. Kalra, who has examined Aditya, believes he is suffering from a disease called Plexiform Neurofibromatosis – which could be treated with a series of operations. This means all the structures in the area of the tumour, especially the nervous tissue, is enlarged and keeps on growing until the child grows up.

"He has got a huge neurofibromatosis affecting the whole of his right side of his face, including upper eyelid, lower eyelid, nose, ear, all the areas are affected," the doctor explains. "This is a critical problem – since the whole of the face is involved, it requires multiple operations in phases, because there will be more bleeding. The initial operations are larger, but the correction of nose and ear need doing, too."

Naturally, all of this requires money, and on top of everything else, Niraj earns a small salary, and already finds it difficult to keep a family of six people, including his parents and two children. Any treatment for his son Aditya's condition is well beyond their realm of financial possibility.

With the help of family and friends, the community has managed to raise enough money for Niraj to have his first operation in November, which cost just under R17 000. However, it will take a total of six operations and over R90 000 to completely transform his face – and the family are appealing for further help with funds to get him the medical treatment he desperately needs. Aditya will need treating every four to five months, and the complete process will take between two and three years.



Sweet-Art

WITH an overpoweringly colourful and sweet visual style, Australian artist Tanya Schultz created dazzling work of candy floor art that will make you feel like you just visited Candyland and eaten the whole place down to the ground. Her work doesn't just *look* sweet – it *is* sweet. Tanya (who started creating these works together with artist Nicole Andrijevic as Pip & Pop before they parted ways) uses candy, sugar, beads, toys and other hyper-colourful materials to create these works of art.

Fun With Bananas

ARTIST Elisa Roche from London has found something more to do with her bananas than eat them. Roche is a banana artist, which all started when she was bored at work one day. So, as you do, she started doodling...on a banana. The drawing impressed a co-worker, who said she should take a snap and put it online. From there it developed into something of a hobby. That hobby is now Fun With Fruit, an Instagram page dedicated to her banana art.



Wooden't You Want One Of These?



HAVE you thought about what you want to do when you retire? Well, Momir Bojic took an interesting route, and decided to build himself a wooden car. Momir built his wooden Beetle six years ago, as a hobby, and says it took him an entire year to complete the job. At first glance, it looks like a 1:1 scale replica of Volkswagen iconic buggy, but this is a real drivable vehicle. It has a full wooden body, wooden steering wheel, hub caps, dashboard, and has become somewhat of an attraction on wheels in the Bosnian town of Banja Luka.

Did You Know?

BY WARREN ROBERTSON

INTERESTING facts about the world we live in.

❖ STAYING awake for two weeks straight can be fatal.

❖ TO have your picture taken by the very first camera you would have had to sit still for eight hours.

❖ THE average smoker loses two teeth every 10 years.

❖ **AKON** is the number one selling artist for ringtones in the world.

❖ IN 2010, **Sandra Bullock** won an Oscar for Best Actress (*The Blind Side*) and a Razzie for Worst Actress (*All About Steve*) within 24 hours of each other.

❖ PEOPLE who often feel guilty tend to be the hardest workers.

❖ A SURVEY found that only 10 percent of single people want their wingman to be funny when approaching possible mates.

❖ THE supermassive black hole in the center of our galaxy has four million times the mass of the Sun.

❖ ATHEISM is generally thought to be more popular in nations where citizens have high economic and political stability.

❖ THE 'No Animals Were Harmed…' notice that appears in film credits doesn't cover unintentional harm or harm off-screen.

❖ WHEN Catherine di Medici was Queen of France, she kept a 'Flying Squadron' of 80 women who slept with powerful men to learn their secrets.

❖ BEDBUGS can ingest seven times their own weight in blood — the equivalent of an average-size human drinking 600 litres of liquid.

❖ IN the original *A Nightmare On Elm Street*, Freddy Krueger gets less than seven minutes of screen time.

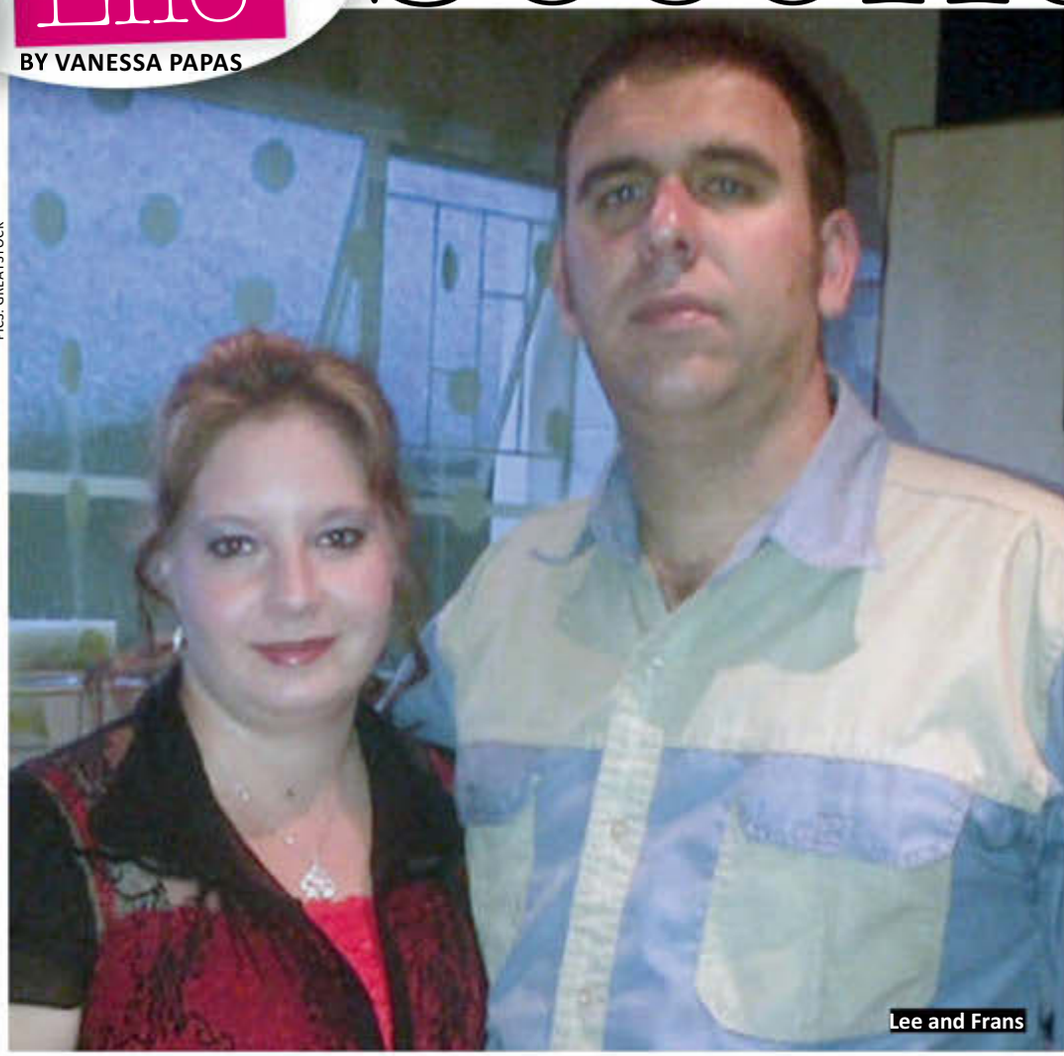
❖ AT the Academy Awards, you can earn $125 (almost R1 500) by being a seat-filler for a celebrity while he or she goes to the bathroom.

Real Life

BY VANESSA PAPAS

Second

PICS: GREATSTOCK



Lee and Frans

A DOUBLE tragedy left the Heymans family shattered – but love and hope helped them put the pieces back together.

EVERYTHING was set for the big day. The room had been renovated and the walls repainted white. The theme was Mickey Mouse, and Disney characters and fluffy toys were neatly lined up on the cabinet. It was Lee Heyman's favourite room in the house and she and her hubby Frans were eagerly awaiting the arrival of their little princess to complete their family.

With every passing day Lee felt more relieved – she couldn't wait for her due date to finally come around. Her pregnancy had been plagued with complications. She had been in and out of hospital with bladder infections and high blood pressure since her second trimester. Now, with just four weeks left to go, Lee was taking things easy and trying not to stress about the upcoming birth.

Lee and Frans were very happily married. Their son, Seth, had just turned two when they found out they were expecting another baby – a little girl they planned on naming Thay Tania. It was during one of Lee's last check-ups that something went horribly wrong in-vitro, and baby Thay's heart suddenly stopped beating.

"At 35 weeks I was admitted into hospital with severe abdominal pains and a fever. Doctors kept me there for observation for three days," says Lee. "On January 7, 2013, I was back at home and feeling great. A few days later, though, I again felt something wasn't right. My head felt very heavy and I couldn't feel my baby move. She used to move often and kick and hiccough, especially when I moved my fingers along my tummy. I rushed to the hospital and my doctor did a sonar examination. I remember the moment as if it were yesterday. He put the heart monitor on my belly, looked at me and said he saw no movement and couldn't find a heartbeat. Of course, my initial reaction was that there must be something wrong with the equipment, or maybe baby was lying in a strange position, or the doctor just didn't know what he was doing. My husband was at work in Dundee at the time, so I had taken my mom along with me to hospital. Two other doctors were called into the room to look at the sonar. Both agreed that there was definitely no heartbeat. My baby girl had, in all probability, died."

Lee phoned her husband. Trying to contain her emotions, she told him he had to drive to the hospital immediately, that their baby was going to be delivered – but didn't tell him about the heartbeat until he arrived.

"When he heard the news he went absolutely still," says Lee. "He was crying in shock and pacing up and down the room with his head in his hands. The doctors sedated me and preformed a caesarean. Just as they had suspected, our baby was dead. They didn't know the cause. They asked my mother if I wanted to see my baby and they brought her to me. She was wrapped in a blanket, but I could see she was completely blue. I held her for a few seconds and cried. Then they took her away."

The days that followed were a blur. The funeral, says Lee, was one of the most tragic events she had experienced. "When Thay was born she looked perfect, even though she was blue. She had chubby cheeks and chubby little arms and legs. Her little face was sweet and her features were delicate. When I saw her again, just before she was cremated, to say my final good-byes she didn't look like the same baby I had held in my arms. Even worse, she was frozen stiff. Her face, lips and hands were a deep purple and she was ice-cold. I had to see this tiny little body lying in a coffin. That vision will haunt me for the rest of my life."

After Thay's death, Lee sank into a deep, dark depression. "Although the family stepped in to help us, I lost the will to speak or see anyone," she says. "Life wasn't the same and I

d Chances


Lee and Frans after Ane's birth

knew it never would be again. Although I had a wonderful husband and beautiful son whom I loved dearly, all I wanted to do was crawl into a ball and disappear. I just wanted to be left alone. Those were dark, dark days."

Lee was put on antidepressants for six months, and slowly she began the tedious and painful process of picking up the pieces of a shattered life...

Then another tragedy struck: Frans was involved in an horrific motorbike accident that left him at death's door.

"We had moved to Newcastle and Frans was still working in Dundee on the mines," says Lee. "To get to work on time he had to leave home just before dawn. He chose to ride his motorbike because it was quicker through traffic and cheaper on fuel. It wasn't 20 minutes after he had left home when someone called me and told me that he had been in an accident and I had to come immediately. My body went ice-cold. I had just lost my baby – now I was going to lose my husband, too. That's all that went through my head."

When Lee arrived the scene was swarming with police vans. An ambulance was there as well. It's understood Frans was hit from behind by a bread van while stopped at a red robot. He was lying in the road and his mangled bike was some metres away on the verge. He kept asking where Lee was and slipping in and out of consciousness. When the paramedics tried to move him he started screaming. He was taken by ambulance to the closest hospital, where it was discovered he had suffered extensive injuries including five chest fractures, two broken ribs, seven lower back fractures, eight hip and pelvic fractures, a broken thumb, and a punctured kidney. Tests revealed he had also suffered a massive heart attack, most likely at the scene of the accident when the paramedics were moving him. Lee was told that the first 24 hours were critical.

"I could see my husband's breathing was not right and I didn't feel comfortable with the treatment he was being given so I discharged him myself," says Lee. "It was an incredibly difficult decision and I was even made to sign a disclaimer saying if he died on route to another hospital I would be charged with culpable homicide, but I felt overwhelming need to move him. An ambulance transported him to Pretoria Kloof Hospital, a private institution located in Erasmuskloof. He was in ICU for a couple of weeks, and in high care for another four."


On their wedding day

During Frans' hospital stay, Lee took over the reins at home. "They say when it rains, it pours and it's true – everything you could think of went wrong while Frans in hospital," she tells us. "Our son Seth got sick and had to be hospitalised. My mom was hospitalised for bronchitis; in that same week my sister-in-law's kitchen burnt down, so she and my brother had to move in with us. Frans' uncle was also hospitalised for lung problems – the list goes on! Obviously Frans was unaware of everything going on, because I wasn't going to stress him out even more by telling him. He was very fragile. I prayed for a miracle, and so did all of our family and friends."

While Frans fortunately didn't suffer any extensive head injuries (he was wearing a helmet at the time of the crash) he has since had trouble with his memory and can't recall some names, dates, places and past events. He also suffers from chronic back pain and is not as mobile as he once was, and he battles to run. However, as horrible as the accident was, Lee says it helped solidify their relationship. "After Thay's death we fought all the time, to the point where we were both thinking of getting a divorce. We took our anger, our grief and our pain out on each other. The accident forced us to focus on something else – on getting Frans better. After that, our relationship really began to improve and we rekindled that same love we had always felt for each other before we lost our baby."

Lee and Frans tried for another child. Their daughter Ane, was born on July 30, 2014. "She reminds me a lot of Thay," says Lee. "She has the same shaped mouth and her cheeks are also chubby. I still think of the baby I lost, especially on her birthday, and cry when I talk about her, but I've learnt to accept what has happened. Ane is now seven months old and Seth is turning four in just a few days. My family is the most important thing in my life. What we have been through has made me appreciate what I have so much more. I don't go to bed angry anymore. I always kiss my husband and children goodbye when they leave and say 'I love you'. I don't take what I have for granted. I was given a second chance at happiness and love and I plan on making the very most of that."


Seth and Ane

Mnandi News

BY JACQUI THOMPSON

SPREADING FEEL-GOOD NEWS

WANT to say thank you? Got something positive to say about someone? Has a stranger done a good deed for you? Have you received outstanding service from a place or a person? We want to know about it. No kind deed should go unacknowledged. E-mail mnandinews@gmail.com or sms the word 'Mnandi' to 48408. Keep your message to about 50 words and include your name or pseudonym and area.

THANK YOU to the person at the Lindt chocolate shop who ran after me when I forgot my car keys there. They were so nice about it and found me even though I had left the courtyard and was halfway down the road.
***Tanya Schenk**, Claremont*

I BOUGHT a faulty computer item from The Matrix warehouse in Woodmead and I expected I would have a problem when I took it back, but they were brilliant and I am very impressed with their service.
***#Seebee3**, SA*

THANK YOU to the friendly Outsurance lady at the four-way stop on Outspan Road. Every time she works it's always with a great attitude. An even bigger thanks to Outsurance for training pointsmen – without them our city would be gridlocked.
***Mark** and **Jessica**, Johannesburg*

I DIDN'T get her name but the sales assistant at the Red Square cosmetic shop in Rivonia is excellent. She knew her products and what was best for me. I ended up buying extra items just because her advice was so good!
***Mrs C F Hanson**, Wierda Valley*

WHEN I recently flew from Johannesburg I had my suitcase wrapped. The man who did this was so helpful as my case was very heavy. He also took me to my check-in counter. I found South Africa very friendly.
***Mr Han Smollen**, Stuttgart, Germany*

THANK YOU to all of the firefighters who worked so tirelessly to contain the runaway fires on our mountains. I spoke to some of them and they were pulling 24-hour shifts. Thank you, also, to all the Capetonians who helped them do their jobs by delivering food, energy drinks and even just giving them encouragement.
***The Fourie family**, Hout Bay*

Real Life

BY VANESSA PAPAS

ANIMAL SALVATION

In Tin Can Town

FOUR friends. Hundreds of shanty shacks. Thousands of suffering animals. Infinite dedication.



LIKENED to a refugee camp in some war-torn corner of the world, Blikkiesdorp in Cape Town is home to thousands of impoverished people living in roughly 1 600 one-room structures. It's widely regarded as one of the most unsafe areas in the Western Cape and it's notorious for its high levels of crime. A place of hardship and heartache for the homeless and 'throwaways' of Cape Town, Blikkiesdorp is also a dumping ground for animals – and horrendous cruelty is an everyday occurrence in this 'tin can town'.

Four years ago four friends – Rosemarie Kunneke, Dinielle Stockigt, Clarina Hanekom and Nikki Botha – came together with one goal: to make a difference to the lives of the animals living in Blikkiesdorp. At the time, Clarina was working for a non-government organisation that assisted the homeless in Ruyterwacht. These impoverished people were moved to Blikkiesdorp, and when Clarina followed them, she realised there was no help for the animals in the township. She immediately contacted Nikki who, in turn, contacted Rosie and Dinielle – her two best friends and sisters-in-arms. Together the four of them decided to do something and Tin Can Town – a non-profit animal welfare organisation – was born.

"The very first time we went to Blikkiesdorp, we were armed with one bag of 8kg dog food and two little tubes of tick and flea ointment. We walked around in the township and applied a drop here and there and tried to share out handfuls of food to the animals. We were completely self-funded," says Nikki. "Through awareness our friends and family saw what we were doing and suddenly we were growing. Today we hand out close to 200kg of food and the difference between the animals four years ago and now is clearly visible. We go to Blikkiesdorp every second Sunday for an 'outreach'. We provide primary medical treatment to the animals (tertiary cases are rounded up and taken to the vet), dipping, vaccinations (when there is money), food for cats and dogs, and we work actively to educate the residents on the importance of a healthy relationship between humans and animals."

Nikki says during the week the team are on standby for emergency calls. They collect the animals, take them to the vet and then, once an animal is discharged, it's returned to its home. All these services are provided free of charge or on the team's account.

While the team primarily work in Blikkiesdorp, residents from surrounding areas such as Leiden, N2 Gateway and Delft now also bring their animals to them for help and care.

Rosemarie, Dinielle, Clarina and Nikki are all vegan and Tin Can Town is very pro-life. In fact, it's a principle the organisation was founded on. Animals will only ever be euthanised if there is zero quality of life left or if all medical options have been exhausted. Even then, certain protocols are followed. If an animal needs to be put to sleep, all board members are immediately called for a majority vote. This also helps spread the burden of the responsibility of making life and death decisions.

"Every single life is worth fighting for and not one life is more important than another," says Nikki. "So when more than two vets do not believe that euthanasia is necessary we listen. All of us have been exposed to some horrific cases. For me, personally, each time I have to hold an animal that is being put to sleep is the worst, and then there are those animals that are so far gone that they die without intervention. Recently, we had to say goodbye to Angel, a little doggie that was found scavenging in rubbish for food, drinking sewage water. We tried absolutely everything in our power to save her. Her death was incredibly traumatic for all of us."

Animal News

BY EUGENIA BOOI



Angel was a walking corpse when she was found. Sadly, this little doggie didn't make it

Abandoned and left for dead, when Angel was finally found she was completely riddled with mange, so much so she could hardly open her eyes, and could barely stand up. ribs poked through her skin – she was clearly starving to death. From the look of the open, bloody and infected wounds across every inch of her body, Angel had been left for months and months without any veterinary care, to scavenge in dustbins for food, to drink water from muddy puddles and to fend for herself. It's a miracle she survived as long as she did.



Nikki and Clarina giving a puppy some antibiotics

Nikki says often cruelty does not stem from poverty, but from a lack of education, and in order to educate the community, she and her team had to gain the trust of the people living there. "Initially it was difficult for us to help the animals because the community didn't trust us," she says. "They were under the impression that we were there to take their animals away to kill them. It took a lot of convincing but we never gave up. Once the residents saw that we were there to help them and their animal companions, things got easier. One of the biggest compliments we have ever received is when a gangster owner of an aggressive dog told us he respects what we do because he can see we know what we are doing. We still have some issues with some residents, but we have a good relationship with the community and they stand up for us. When we started off in Blikkiesdorp, animals were seen as objects. A dog could just as well have been a rock. But we focus heavily on educating people on the importance of a healthy human-animal relationship, and we have seen tangible results. I also think that if we show people we care about them and that they are not second-class citizens, it becomes easier for them to reciprocate. How can we have compassion for each other if we cannot even have compassion for a so-called 'lesser' life form?"



Children watch as a pet dog receives medical attention

While Tin Can Town does not have kennels, it does currently have a few foster homes for some animals. Sometimes if they cannot find foster homes, the team will foster animals themselves.



Charlie was hit by a car. He received immediate attention

Tin Can Town's long-term goal is finding a property for a sanctuary and/or a mobile clinic, and their short term goal is to keep their doors open and get enough funding to make sure that no animal in need of help gets turned away.

Get Involved And Improve An Animal's Life Today!

Details: www.facebook.com/TinCanTown
Facebook: www.facebook.com/tincantown
E-mail: info@tincantown.org.za
www.tincantown.org.za,
Donate Paypal: info@tincantown.org.za.





PICS: MAGAZINE FEATURES / INPRA / GREATSTOCK

DOG DAYS

THE lives of four-year-old Sophie and Sarah, aged two, are well documented by their parents, who post pictures of their everyday lives, playing chess, reading, and behaving at the dinner table. However, these besties are not children – they're a pair of shaggy Old English sheepdogs! Owners Cees Bol and Hanneke van de Watering record the adventures of their dogs and their furry friends throughout the year in picturesque locations near their small Dutch village of Sibculo.

ZONKEY

THIS particular creature, named Khumba, was born on in Mexico at weighed 26kg. His parents were a female zebra named 'Rayas' – who came from a zoo – and an albino, blue-eyed dwarf donkey from a nearby farm. Zonkeys are usually sired by a zebra stallion, but in this case, it was the donkey who sired the unique specimen. Khumba's upper body reveals his donkey roots, while his legs have the characteristic zebra stripes.



A BEAR WITH A SORE TOOTH

THERE'S no such thing as a routine trip to the dentist when you are a 520kg polar bear. Highland Wildlife Park had to gather a 23-strong team to treat star attraction Walker. Staff at the park in Scotland had become concerned because he was acting, well, like a bear with a sore tooth. Several vets, an X-ray team, park workers, a photographer and a small film crew all took part in the procedure. Vets were concerned that the upper chipped canine, which had discoloured, may have died.



Incidents of cruelty, abuse or the neglect of animals can be reported to every SPCA, a full list of which with contact details can be found on www.nspca.co.za

Do you have a story for Animal News by Eugenia Booi (with pictures) you would like to share with us? E-mail eugeniab@caxton.co.za and write Animal in the subject line. We will give you R500 if your story is published!

Take Me Home

This week we have some adorable dogs from Irwin Animal Rescue.

How To Adopt: If one of us has caught your eye and you're willing to provide us with a loving home, please phone Tanya Sequeira on 079 618 5522 or Tanya.sequeira01@gmail.com

TIPS ON ADOPTING A PET

BEFORE you adopt a gorgeous pet, make sure you have considered the following:

- Do you travel a lot?
- Does your complex / neighbourhood allow pets?
- Do you have a safe and secure home for the new addition?
- Do you have the time and money to look after a pet?
- Will you love and care for this animal at all times?
- Will the animal fit in with your other pets?
- Ensure the breed is one that suits you and your family.
- Do you have enough space for the pet to run around?
- Do you have kids? If yes, take the correct security measures before adopting.



Flash



Gordon



Larry



Norma

Off The Track

BY VANESSA PAPAS

WE score with the hottest sporting gossip from around the world!



Phelps And His Royal Oats

SEEMS **Michael Phelps** is another sports star who just can't keep it in his pants. Earlier this year reports circled that he had popped the big question to **Nicole Johnson** and, as far as we know, the two are now engaged – but a string of women have since stepped forward claiming they were dating the swimmer at the time he proposed to **Nicole**. In addition to the shocking accusations made by Taylor Lianne Chandler, Keshia Miller and several other women, another claim has surfaced regarding the Olympian's bedroom antics.

Professional dominatrix Kim Petro spoke to the *National Enquirer*, with the tabloid even giving the 36-year-old sex worker a polygraph test to substantiate her claims. Needless to say, we've chosen not to publish her claims as they'll ruin your breakfast. What we will say, however, is that **Phelps** enjoys some pretty kinky stuff. Christian Grey, anyone?



PICS: WWW.ELITEPHOTOAGENCY.COM / GREATSTOCK

Serena Tucks In

IT'S never a dull moment when **Serena Williams** is around. Known for taking her frustrations out on the ball, the seven-time 'Queen of the court' clinched her 700th career victory – but not before entertaining fans by abusing her racquet, scolding herself and even making angry faces at the sun. **Serena** recently beat **Sabine Lisicki** to reach the semi-finals of the Miami Open and further cemented her position as one of the greatest female tennis players of all time. Just as well she did win, as organisers had had a '700' cake especially baked for her, with pink, green and purple frosting and Vanilla sponge – **Serena**'s favourite! "This is good," she said, tucking in, "But terrible for my waist." So far **Serena** hasn't lost a single match in the 2015 calendar year and shows no signs of slowing down in the near future, either.

Tweet Of The Week

THIS week's best tweet... "This little buddy is my most precious trophy! No better way to end the day than with my family." – **Novak Djokovic**



Beck Blows Cold



A NEIGHBOUR is going nuts over **David Beckham**'s renovations of his R550-million mansion. According to a source, **Becks** spent 18 months renovating Holland Park home, and the next phase is keeping his crib cool and airy. In addition to installing air conditioning in five of the rooms, the team behind the renovations will be building a lower ground floor wine cellar and a retractable cinema screen, as well as re-configuring two bathrooms and removing a third bathroom to provide an extended bedroom. The plans have been approved by Council. The air conditioning, however, is a major thorn in one neighbour's side. **Becks** received a 'strongly worded letter' from a neighbour who 'totally disagrees' with their plans to install air-conditioning. The neighbour was also angry with the noise, vibration, dirt, pollution and dust from the construction and from associated traffic, in addition to concerns about impacts on drainage, on appearance and landscape, on structural stability, and on historic buildings. The **Becks** don't seem too concerned with the letter, though. When complete, the Holland Park home, nicknamed Beckingham Palace II, will have six bedrooms, a study, office, gym, playroom, cinema and large drawing room – the value of the property is expected to rocket up to around R700-million! Not bad going, **Becks**!

Sharp Shooter's Plea

DARREN SHARPER is not getting out of jail any time soon. Despite striking a plea bargain, the former American footballer is still going to spend a maximum of eight years behind bars.



Sharper was arrested last year in Los Angeles and was charged with two counts of rape and a string of other offenses. Last month, he pleaded guilty to raping two women in separate incidences. The 39-year-old 'knocked' the girls out with a potent sedative mixed with alcohol and then had sex with them. On March 24, 2015, **Sharper** received nine years in a plea deal for all nine charges against him, in addition to the year he has served already. Women across the globe have voiced their outrage over the 'lenient' sentence and have said it is an insult to rape survivors.

Mayweather's Big Bling Bling



WE know he's the richest sportsman in the world but a recent 'insider view' into **Floyd Mayweather**'s 'bling' confirms exactly why he's nicknamed 'Money Man'. An international magazine recently ran an expose on **Mayweather**'s assets. He owns a R622-million super fleet of sports cars including a Ferrari 599 GTB Fiorano, Porsche 911 Turbo S, Lamborghini Aventador, Ferrari 458 Spider, Bugatti Grand Sport and a Bugatti Veyron, not to mention his own private jet. Then of course, there's his shoe and sunglasses collection. The 37-year-old pound-for-pound boxing king, who earned R1.7-billion according to *Forbes* magazine last year, is not shy about his 'expensive taste' either and regularly posts photos of his collections.

Britney To Perform At Super Bowl?

RUMOURS are circling that **Britney Spears** will be performing at the next Super Bowl halftime show. Could this be the pop star's super comeback? The details are still sketchy and **Britney** herself hasn't said anything regarding the claims so we're not sure if there is any truth to them. An insider close to the 33-year-old has, however, said **Britney** will be bringing some friends along, including **Miley Cyrus**, in a special guest appearance. **Britney** previously played the Super Bowl with NSYNC and **Steven Tyler** in 2001, which would make the 2016 bonanza her first time on the field in 15 years!



GIANT WORDSEARCH NO. 308

B	L	M	Z	K	B	Y	G	R	E	N	E	E	I	M	A	G	I	N	A	T	I	O	N	B	B
E	I	U	S	L	A	C	I	S	U	M	H	T	L	N	P	X	D	C	T	S	K	U	X	F	B
A	E	H	V	T	B	L	P	U	P	V	V	N	Y	A	X	P	H	U	I	C	H	E	E	D	V
T	G	O	Z	J	H	O	L	C	I	M	M	S	S	F	K	U	N	U	I	E	T	N	D	V	V
W	A	R	R	I	O	R	I	N	C	R	E	A	S	E	M	L	U	L	W	G	G	I	U	D	X
C	T	T	N	Y	W	G	Z	T	N	A	E	X	R	L	I	L	I	F	H	G	I	E	Q	P	D
A	S	I	X	S	R	H	T	L	Z	C	P	S	E	T	R	R	Q	J	S	O	H	G	L	I	N
R	O	C	C	E	S	P	E	C	I	A	L	S	T	R	A	Y	J	E	M	P	H	A	S	I	S
T	P	U	L	F	E	A	T	H	E	R	S	S	L	A	C	D	E	N	H	P	M	G	Q	A	C
O	M	L	O	J	A	M	L	H	E	S	R	E	F	L	U	I	S	G	O	I	D	Y	E	G	O
G	A	T	S	P	O	U	P	G	E	N	S	R	D	L	L	R	S	J	N	M	E	R	D	Z	R
R	L	U	E	S	A	A	C	N	E	M	O	T	Q	A	O	N	A	E	X	A	A	A	E	Y	N
A	Y	R	T	L	R	L	I	E	A	N	N	I	H	B	U	S	D	N	D	L	R	N	S	D	H
P	L	E	V	G	E	S	E	D	T	E	I	A	S	E	S	G	K	N	T	A	S	I	N	T	V
H	R	Q	E	U	U	V	K	T	G	E	P	W	A	S	P	T	H	I	J	I	K	D	E	I	U
Y	A	L	Y	B	T	W	I	I	T	D	D	E	Y	A	E	J	S	T	T	C	C	R	C	E	C
U	E	E	I	B	E	Q	L	S	R	E	N	I	A	B	S	S	N	T	E	A	X	O	N	Y	Q
T	N	N	X	G	E	I	K	A	I	F	R	L	S	R	E	T	S	O	O	R	P	T	I	C	T
F	G	T	A	P	D	T	W	O	L	O	T	Z	E	Y	X	H	G	O	R	E	D	R	I	G	N
E	L	S	A	U	N	T	U	V	O	A	N	V	C	M	A	G	Y	P	P	O	P	P	O	S	E
I	I	C	L	A	S	S	M	R	X	K	A	C	K	N	O	W	L	E	D	G	E	L	R	L	M
V	S	C	M	E	T	U	A	I	D	T	E	C	R	R	R	N	K	Y	E	R	I	R	N	L	E
E	O	A	W	G	I	G	V	T	O	Q	O	W	H	O	Z	B	Q	R	C	D	U	K	G	M	Z
R	D	L	Y	R	N	T	H	U	Z	Q	E	S	R	V	S	E	U	B	O	S	B	I	H	H	A
A	O	C	A	A	S	G	S	R	N	B	I	R	C	S	L	T	F	C	W	F	P	X	D	L	M
N	P	U	K	T	U	E	T	O	N	N	O	I	E	F	U	A	U	F	K	R	G	R	P	M	A
D	Q	L	E	O	Q	H	B	I	A	H	A	L	F	F	T	M	C	R	E	A	T	U	R	E	B
A	M	A	H	G	N	I	L	B	B	A	B	U	P	H	E	W	D	U	Y	C	P	J	F	E	O
L	M	T	Y	N	R	C	Y	U	D	C	D	Y	O	N	V	V	R	A	Q	M	T	V	S	I	Y
A	G	E	X	T	E	N	T	Z	E	E	R	M	T	R	B	L	A	Z	X	E	S	R	U	C	T
R	V	S	Y	G	N	O	M	R	E	S	E	R	V	I	C	E	T	L	E	R	E	P	U	M	I
G	O	G	A	R	L	E	T	Y	E	S	T	E	R	D	A	Y	S	G	L	M	W	F	O	S	T
E	F	R	R	O	E	A	R	T	G	G	F	Y	Y	G	F	G	U	R	M	E	C	O	P	J	N
C	A	N	W	I	I	L	S	C	I	T	A	M	E	H	T	A	M	I	Y	C	R	J	F	U	A
G	A	E	J	N	K	E	E	L	G	N	I	J	E	Q	U	I	P	M	E	N	T	B	O	M	U
D	R	I	N	K	Z	H	I	C	C	U	P	U	C	I	J	B	P	C	B	T	M	O	M	P	Q
B	N	X	R	H	S	I	N	I	M	I	D	S	Y	Y	R	E	M	I	S	S	I	O	N	U	X

Can you find the listed words in the box of letters? They may read horizontally, vertically and diagonally, either forwards or backwards, but always in straight lines.

ACKNOWLEDGE
ADAMANT
AFTER
ALLERGIC
AMAZEMENT
AQUARIUM
BABBLING
BANISH
BASEBALL
BEAT
BINGE
BLESS
BUSINESS
CALCULATE
CARTOGRAPHY
CELERY
CERTAIN
CINNAMON
CLOSET
CORN
CREATURE
CURSE
DAMSEL
DAUGHTER
DILIGENT
DIMINISH
DOCUMENT
DRINK
DRUID
DUFFLE
EFFECT
EMPHASIS
ENERGY
EQUIPMENT
ESCAPE
EXERCISE
EXTENT
FATHOM
FAUCET
FEATHER
FELT
FORK
FUTURE
GARAGE
GIRDER
HEED
HICCUP
HORROR
HORTICULTURE
IMAGINATION
IMMERSE
INCENSED
INCREASE
JINGLE
JUMP
KALE
KANGAROO
LAMP
LARGE
LEMON
LICK
LOWER
MATHEMATICS
MIRACULOUS
MUSICAL
MUSTARD
NEARLY
NOTE
OPPOSE
ORDINARY
PALETTE
PEAR
POSSESSION
POSTAGE
PULL
QUANTITY
RACIAL
RANGE
REMISSION
RESTAURANT
ROOM
ROOSTER
SERMON
SERVICE
SPECIAL
STEAM
TAXI
TELEGRAPH
TELEVISION
THOUGHT
UMBRELLA
VERANDA
VISAGE
WAITRESS
WARRIOR
WAYSIDE
WESTWARD
WINEGLASS
YESTERDAY
ZEST

CODEBREAKER

CODEBREAKERS require inspired guesswork. They are crosswords without clues. Every letter of the alphabet is used (you might find it useful to cross out the letters located by the grid as you find them) and each letter has its own number. In this puzzle '19' has the letter 'K', so a useful start is to insert 'K' in all the boxes that contain the number '19'. Vowels appear at least once in a word but letters such as 'X' and 'Z' are few.

	7		17		26		1		8		1	
19	25	14	6	10	6		17	23	21	14	15	5
	3		22		10		25		14		15	
14	1	22	25		17	25	23	20	13	25	23	7
			20		6		20		16		6	
6	3	20	23	1	23	14		3	20	23	3	20
	6				14		11				1	
9	21	1	26	19		9	21	25	13	13	16	20
	26		21		11		15		23			
4	2	1	4	26	2	20	23		25	4	26	2
	25		16		23		20		7		21	
11	10	20	20	12	20		14	25	24	2	4	5
	24		4		18		20		20		20	

1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19 K	20	21	22	23	24	25	26

NUMBERSEARCH

WITHIN this grid are hidden the numbers below. They are found horizontally, vertically, diagonally and back-to-front.

2	3	8	1	0	1	5	2	7	1	7	4	9	7	4	4	3
9	4	1	4	0	1	0	4	9	6	7	0	3	1	3	5	6
6	9	5	9	6	6	3	2	1	3	7	9	4	0	3	0	3
6	5	5	8	5	2	8	4	9	3	6	6	1	5	6	9	7
9	1	4	3	0	1	4	3	7	8	5	5	6	3	0	5	8
7	4	9	2	8	4	8	1	8	4	1	1	4	8	9	3	6
7	0	2	0	3	5	0	9	7	5	7	5	3	5	5	0	8
1	6	9	4	4	7	1	3	5	2	8	6	5	9	6	6	7
2	3	2	6	0	3	7	6	4	9	3	7	6	6	4	2	1
9	9	9	0	7	2	5	6	0	9	4	8	9	3	8	8	8
7	9	5	7	0	9	5	4	0	0	7	1	2	2	4	3	3
6	2	7	3	0	0	3	9	3	1	3	7	9	2	8	5	9
8	5	8	3	0	1	9	5	4	7	6	2	6	3	7	9	9
9	1	9	4	0	4	1	0	7	3	3	5	0	3	9	0	2
2	1	4	8	4	0	3	1	0	9	1	3	8	8	4	6	3
1	0	4	6	9	7	1	3	6	0	9	0	1	7	2	0	6
9	6	8	2	7	8	0	4	7	5	4	2	9	6	4	8	4

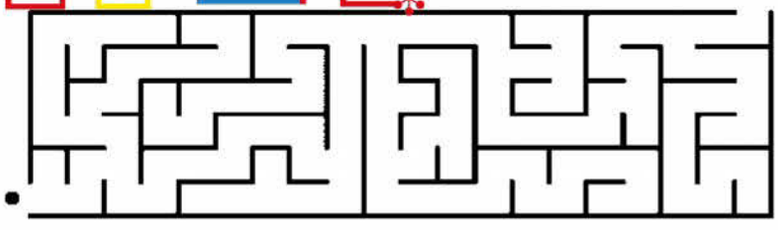
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1340985436	3838	6027109063	8643276303
1495981591	4063992511	6480134098	907597
1694471352	4070000497	6911	9136374387
2929578944	4249784846	7011165	9194041073
3019547626	4400564271	7041092375	9517
3030497312	53145	7651783473	
313792859	5617246500	8319013048	

NUMBER CRUNCH

STARTING from the left with the given number, work your way across each of the puzzles, applying the instruction in each cell to your number.

5		1	+	1		1	=	6	9			
−				−				−				
	9	6	+	1	0		=	2	9			
3	1		+		7		=		9	3		

KIDS MAZE



Celeb Crossword...



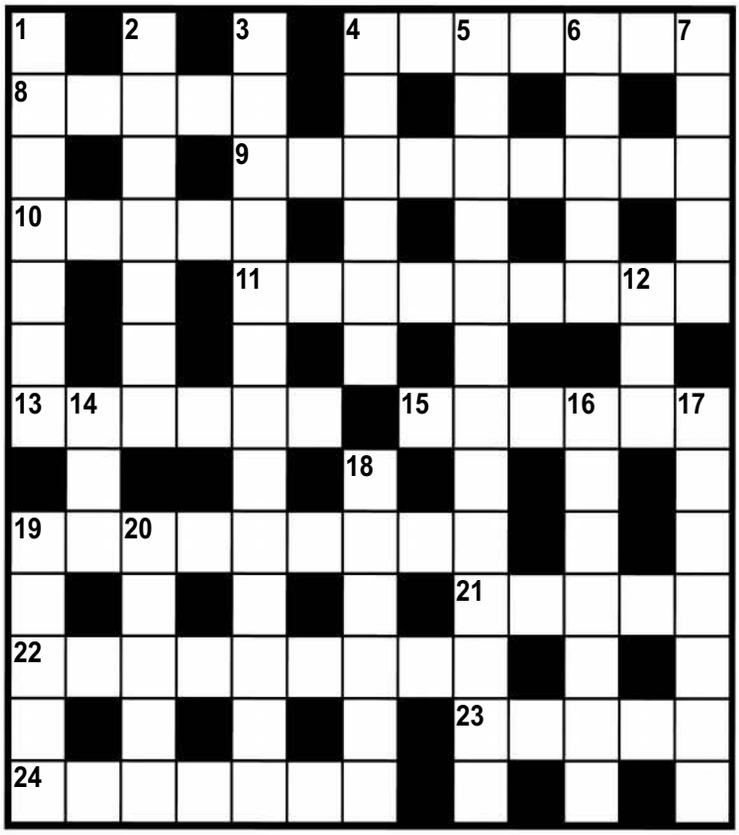
Across

4. **Jamie** _____, English jazz-pop singer/songwriter (6)
5. English fashion designer; daughter of **Sir Paul McCartney** (6)
7. Erin Sadelstein in *Jack And Jill*, Rachel Dawes in *Batman Begins* and Pamela McFadden in *Phone Booth* are movie roles played by this US actress, who starred as Joey Potter in the television series *Dawson's Creek* (5,6)
10. Australian actor, whose movie roles include Erik S. Kristensen in *Lone Survivor*, Nero in *Star Trek* and Bruce Banner/The Hulk in *Hulk* (4,4)
11. *I Will Always Love You*, *9 To 5*, *Jolene* and *Old Flames Can't Hold A Candle To You* are some of the hits of this US singer/songwriter (5,6)
12. Capt. Walter Garfield in *The Monuments Men*, John Chambers in *Argo*, Al Zimmer in *The Artist* and the titular character in *King Ralph* are roles played by this US actor (4,7)

Down

1. Academy Award-nominated US actor, whose movie roles include Frank Levin in *The Lincoln Lawyer*, Dudley Frank in *Wild Hogs* and Jerry Lundegaard in *Fargo* (7,1,4)
2. British actor _____ **Daniels**, who played the droid C-3PO in the *Star Wars* series of movies (7)
3/8. Barney Ross in *The Expendables* movies, Jack Carter in *Get Carter* and Joe Tanto in *Driven* are film roles played by this US actor and Academy Award-nominated/winning screenwriter (9,8)
4. Academy Award-nominated US actress, whose movies include *Miss Congeniality*, *Sweet Home Alabama* and *Bride Wars*, and who played the role of Shirley Schmidt in the television series *Boston Legal* (7,6)
6. See 9
8. See 3
9/6. Jay Gatsby in *The Great Gatsby*, Calvin Candie in *Django Unchained*, Teddy Daniels in *Shutter Island* and Billy Costigan in *The Departed* are movie roles played by this three-time Academy Award-nominated actor (8,8)

CRYPTIC CROSSWORD



Across

4. Flies save it in a different way (7)
8. How delightful to paddle in the morning breeze (5)
9. Be real and put the case – the need to be honourable (9)
10. Patrick has no father to explain how it's done (5)
11. Only the best surpass at a time of self-sacrifice (9)
13. Intend to sign Ed up? (6)
15. Read it or make a long angry speech about it (6)
19. It will follow later and may look neat (9)
21. One is to sound it out (5)
22. It takes a decent rep to produce something worthwhile following (9)
23. It's been split here with something flexible (5)
24. It would seem sin calls for retributive justice (7)

Down

1. Flustered because it made a noise? (7)
2. Beginners who can do no wrong (7)
3. Mad Greeks rant about being able to produce fruit and vegetables (6,7)
4. A way of looking at serving tea in space (6)
5. That tiny gentle Lil looks at us so knowingly! (13)
6. Let that sailor make furniture (5)
7. ps ... Had ten but it got used up (5)
12. Bradman returned to that sleepy land (3)
14. Feels something slippery inside (3)
16. It is to start them painting (7)
17. At this point, became tender, went out then came in again (7)
18. Escapades experienced right in space (6)
19. Trembling because of those broken panes? (5)
20. The Royal Marine demands hot baths! (5)

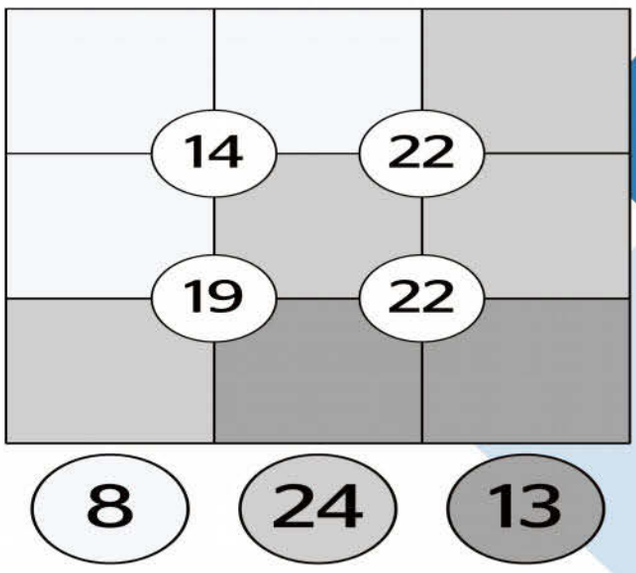
MONSTER SUDOKU

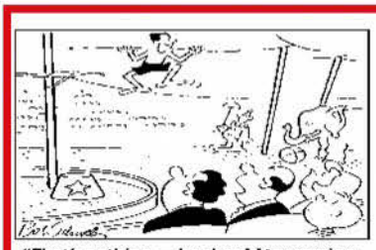
COMPLETE the grid so that every row, column and 4x4 box contains 0, 1, 2, 3, 4, 5, 6, 7, 8 and 9 and a, b, c, d, e and f.

	A		7		1		B							F	3
F						2		E	5					7	9
3	5			9			C	8		B	4	6			
				5				7			F			4	1
						C	A				8	0	4	E	
0	3		5		9		E	1	D		2		F		8
	7		8	1				A			B			5	
	D								0	F		7		A	
	0		2		F	5								1	
	8			4			1				6	A		9	
A		9		D		0	8	5		E		2		C	4
	C	7	F	3				D	2						
C	1			2			7				D				
			B	6	E		3	0			C			8	5
D	4					9	0		A						7
E	9							3		2		F		D	

SUKO

Place the numbers 1 to 9 in the spaces so that the number in each circle is equal to the sum of the four surrounding spaces, and each colour total is correct.





"That's nothing — he should try coming home at four in the morning and avoid the stairs."

SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Call
BONCKE

Filthy
QUIDALS

Send
ENVOYC

Annoy
CASTCO

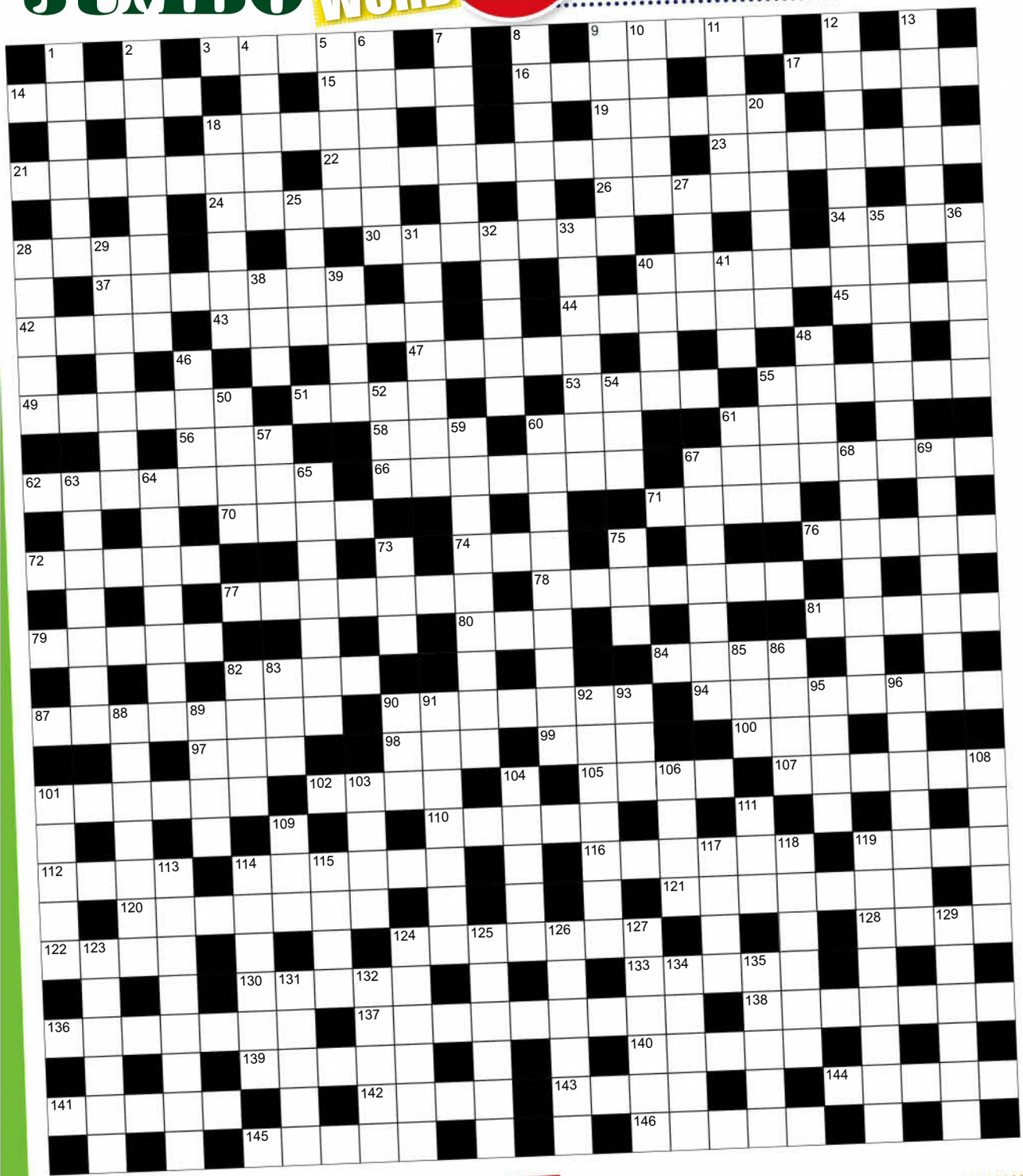
TODAY'S WORD

STICKLERS

How many cubes are in the stack below? Assume all rows and columns run to completion unless you actually see them end.



JUMBO CROSS WORD NO. 301



ACROSS

3. Central part
9. Unrelenting
14. Mall stand
15. Incite
16. Metric measure
17. Left-hand page
18. Girl's name
19. Insect nest
21. Yellowish-brown
22. Reticence
23. Diacritical mark
24. Big spread
26. Second of two
28. Rabbi's rostrum
30. Caustic wit
34. Charity
37. Stuck to
40. Odd
42. Sagacious
43. Shortage
44. Urgent request
45. Reverberate
47. Book of photos
49. Penumbra
51. Unwanted e-mail
53. Sweet wine
55. Laid-back
56. Two-wheeled carriage
58. Arachnid's abode
60. Give one's word
61. Tiny amount
62. Frenzied (2,1,5)
66. Issue
67. Restaurant worker
70. Granny or Gordian
71. Young salmon
72. Essential
74. Young goat
76. Head covering
77. Crooked
78. Mental pictures
79. Greek letter
80. Mythical bird
81. Take the wheel
82. Pip
84. Bike accessory
87. Right away
90. Custodian
94. Reporter's due date
97. Lubricant
98. Breakfast fare
99. Before poetically
100. Freshwater fish
101. Not alfresco
102. Mythical mountain 'man'
105. Mine entrance
107. Store handout
110. Restriction
112. Prevaricator
114. Breakfast cereal
116. Complete
119. Romanov ruler
120. Easy to read
121. Period piece
122. Come together
124. Violent rotating windstorm
128. Authentic
130. Rodeo rope
133. Piece of paper
136. Military storehouse
137. Mortify
138. Corn (pl.)
139. Ox collars
140. Targeted
141. Groom carefully
142. Right-hand man
143. Almonds and pecans
144. Leered at
145. Austere
146. Musical composition

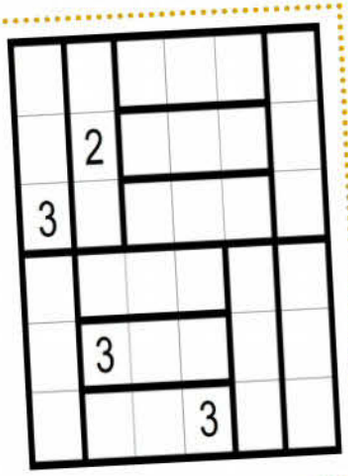
SUDOKU

PLACE a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

	7		2			5		3
		4			6	9		
1				5			4	
	9		3					7
2			6	1		4		
		7			2		8	
		5			1			2
	6		4				5	
3				7		8		

TATAMI

TATAMI is a 6x6 grid logic game played with the numbers 1 to 3. Each 3x3 slab must contain all the numbers 1-3 with no duplicates. Adjacent slabs cannot contain the same number, i.e. the number 3 cannot be placed next to another number 3. Each row and column must contain a double set of numbers (two 1s, two 2s and two 3s).



DOWN

1. Optical illusion
2. Caper
4. Banish
5. Litters' smallest
6. Characteristics
7. Higher-ranking
8. To-do list
9. Victorian vehicle
10. Fine spray (1,4)
11. Cheek
12. Birthright
13. Place of refuge
18. Resisted openly
20. Continuing story
25. Location
27. Loathe
28. Cereal dishes
29. Eye makeup
31. Chagrined
32. Small band
33. Hair cleaner
35. Formal scolding
36. Mar
38. Soak flax
39. Tap trouble
40. Sail support
41. Cleaning cloth
46. Roman garment
48. Actor, … **Damon**
50. Nictitate
52. Wonder
54. Possess
55. Coconut fibre
57. Card game
59. Quarrelling
60. Clear from blame
61. Pickle holder
63. Goes with nor
64. Spook
65. East Londoner
67. Placed a bet
68. Small concert
69. Hospital specialist
73. Emmet
75. Noah's second son
82. Blend
83. Old measure of length
85. Flower garland
86. Boys
88. Eccentric person
89. Indigent
90. Fast plane
91. Nimbleness
92. Public speech
93. Crimson
95. Agreement
96. Intrusive person
101. Religion
103. Gaelic
104. Push forward
106. Scintilla
108. Eagle's nest
109. Bathroom fixture
111. Play a part
113. Cashed in
114. Lose
115. Antlered animals
117. Poker stake
118. At an angle
119. Guardianship
123. Mistakes
124. Aunt's child
125. Scolded mildly
126. The East
127. Heir's legacy
129. Rough
131. Up in the air
132. Clip sheep
134. Bank robbery
135. Make changes to

EVEN EXCHANGE

EACH numbered row contains two clues and two answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

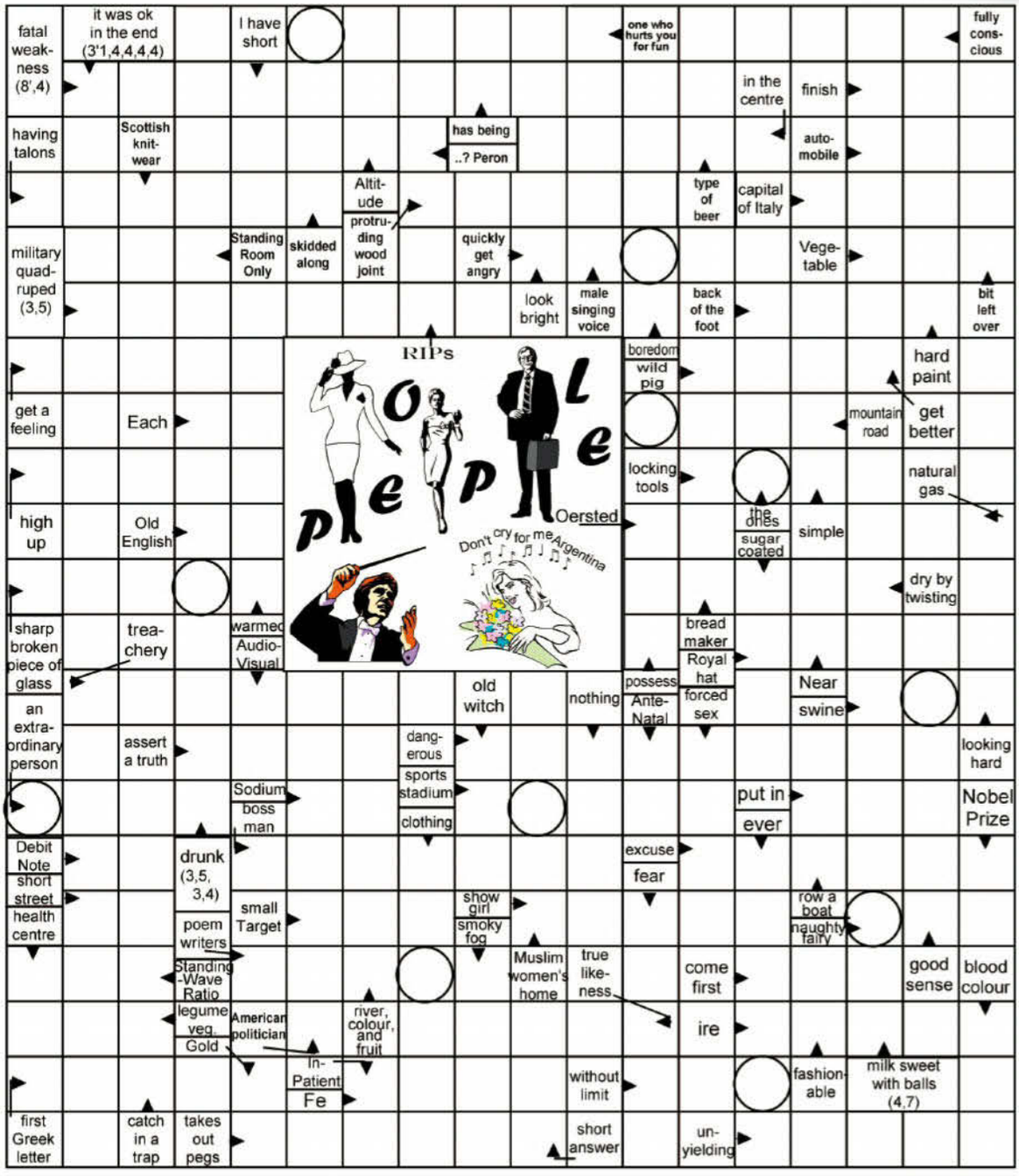
1. Badenov or Karloff	B _ _ _ _	Actress Day	D _ _ _ _	
2. Center	_ I _ _ _ _	Interfere	_ E _ _ _ _	
3. Snuggle	S	Irritate	T	
4. Lincoln's war	_ _ _ _ L	Municipal	_ _ _ _ C	
5. Geometrical shape	_ _ _ A _ _	English landowner	_ _ _ I _ _	
6. Safari escort	_ _ _ D _	Facade	_ _ _ S _	
7. Cargo pants feature	_ O _ _ _ _	Small package	_ A _ _ _ _	
8. Adolescent	_ I _ _ _	Estate	_ A _ _ _	
9. Australian dog	_ _ N _ _	San _____, California	_ _ E _ _	
10. Detach	_ _ _ _ V _	Channel changer	_ _ _ _ T _	

BLOCKWORD NO. 589

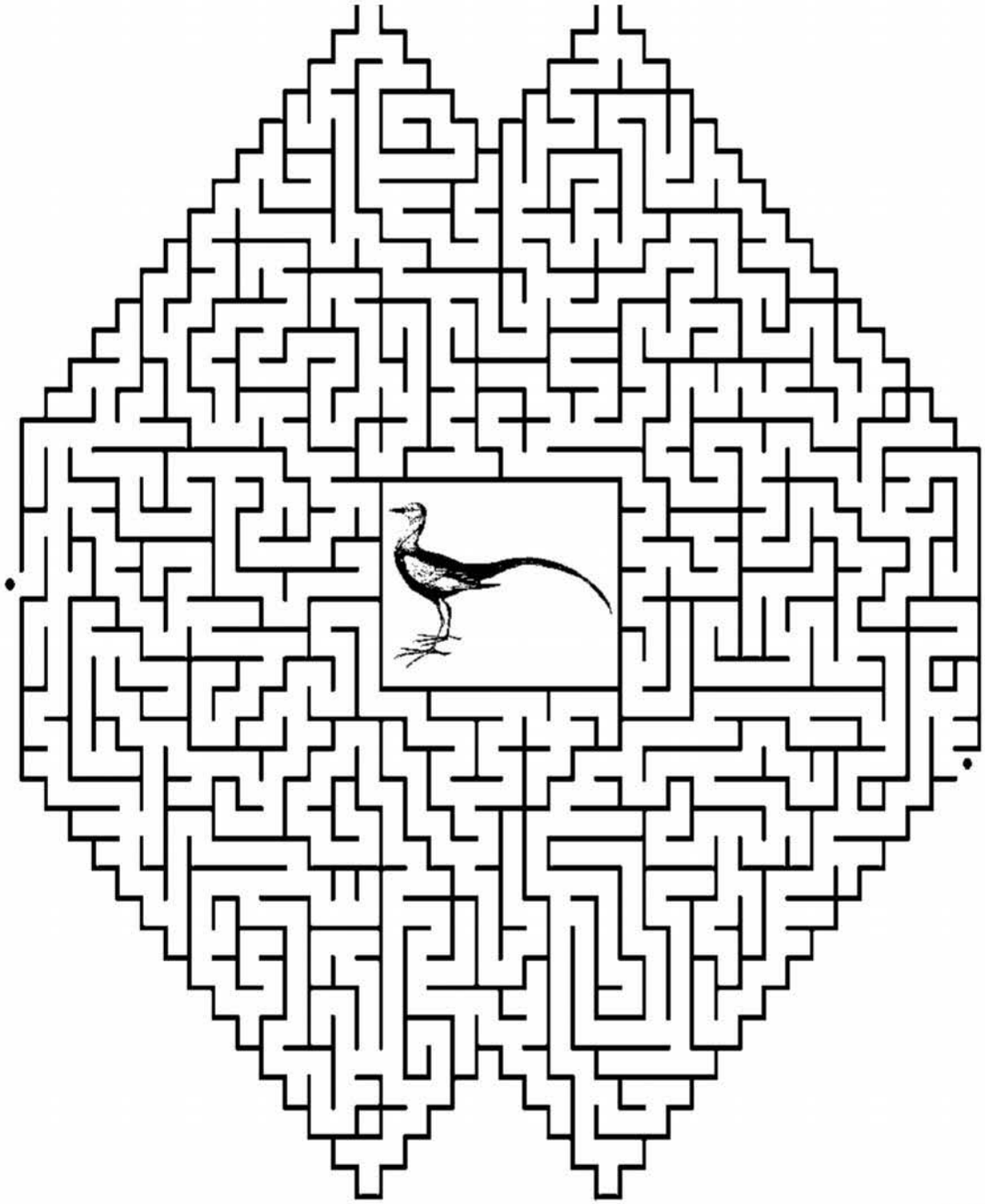
BY BARRIE THOMSON

TO ENTER this BLOCKWORD, all you have to do is finish the grid, and the ringed areas will make up one word. The clue to the answer is: Dominance. Sms 48408 with the answer, your name and surname, and **people**/Blockword No. 589. Be sure to sms before April 27, 2015. By doing this, you could win R500. Winner of Blockword 585: B. Sathabridge. Answer: Southern. Winners will be paid electronically. Smses charged at R1.50 and free smses do not apply. Terms and conditions apply.

WIN R500



Mega Maze



SUGARU

		4		
	3		1	5
			4	
3				

EACH cell in an outlined block must contain a digit: a two-cell block contains the digits 1 and 2, a three-cell block contains the digits 1, 2 and 3; and so on. No same digit appears in any neighbouring cell, not even diagonally.

MISSING LINKS

CALCULATE the results and actions. Fill the missing links from the top.

RESULT		ACTION	
	700	÷	
=		+	17
=	367	+	
=		÷	4
=	122	-	
=		x	10
=	790	-	
=		÷	2
=	341	+	
=		-	300
=	76	x	
=		x	2
=	456		

ON SALE NOW!

FIND-A-WORD

Archery
Baseball
Basketball
Billiards
Bowling
Bowls
Boxing
Bridge
Chess
Curling
Cycling
Fencing
Formula One
Golf
Gymnastics
Hockey
Ice Skating
Indy Car
Judo
Marathon
Polo
Rodeo
Rowing
Rugby
Soccer
Squash
Swimming
Tennis
Volleyball
Walk
Wrestling
Yachting

G	N	I	T	H	C	A	Y	E	K	C	O	H	C	B
O	Y	I	B	I	L	C	U	R	L	I	N	G	A	F
M	B	C	I	N	L	G	N	I	W	O	R	S	L	O
S	G	E	L	D	A	P	E	C	E	A	E	T	L	R
C	U	S	L	Y	B	I	T	D	H	B	L	S	A	M
I	R	K	I	C	Y	I	O	G	A	E	O	K	B	U
T	T	A	A	A	E	R	N	L	F	C	S	V	T	L
S	E	T	R	R	L	I	L	L	C	L	W	S	E	A
A	N	I	D	B	L	B	O	E	W	Y	I	S	K	O
N	N	N	S	T	O	G	R	O	E	R	M	Q	S	N
M	I	G	S	W	V	X	B	G	A	E	M	U	A	E
Y	S	E	L	E	G	D	I	R	B	H	I	A	B	P
G	R	I	C	Y	C	L	I	N	G	C	N	S	M	O
W	N	G	N	I	C	N	E	F	G	R	G	H	E	L
G	M	A	R	A	T	H	O	N	S	A	J	U	D	O



WORDOKU

THERE are 9 letters used within the puzzle, each letter must be used (but never re-peated) in every row, column and 3x3 square.

				R	U	P		
		O	Q		E			
					A	E		
E			A		P			
		R					A	
	P	U			C			D
		P						
		E	D			R	U	Q
	Q		E					

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GO FIGURE

THE idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram – by following the arithmetic signs in the order they are given (from left to right and top to bottom). Use only the right numbers below the diagram to complete its blank squares, and use each of the nine numbers only once.

	+		x		18
x		x		x	
	−		+		13
+		−		−	
	÷		x		7
15		14		17	

1 3 4 5 6 6 7 8 9

Killer Kakuru

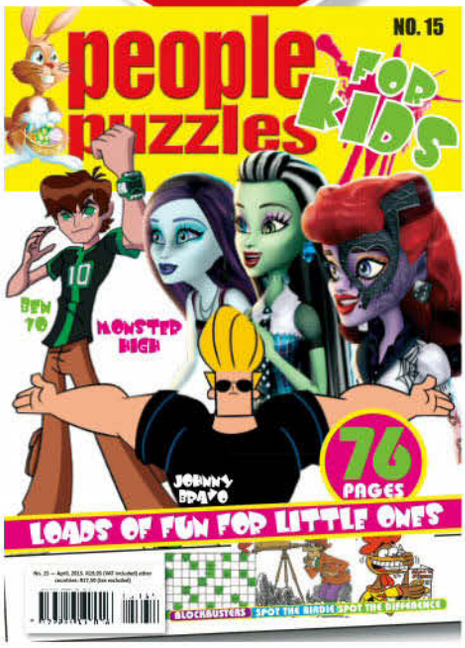
FILL the grid so that each block adds up to the total in the box above or to the left of it. You can only use the digits 1-9 and you must not use the same digit twice in a block. (The same digit may occur more than once in a row or column, but it must be in a separate block.)

			14	34		16	22		4	3
	17	16 16			15			4 28		
29					24 27					
17			7 13			17			34	19
	31	7 16					23 9			
31						13 28				
23				24 16				16 18		
4			24 12				19 32			
27					19					
7				8	7				16	17
	6	4 4			16 4			16 14		
15						29				
3			5			17				

Arrow Word

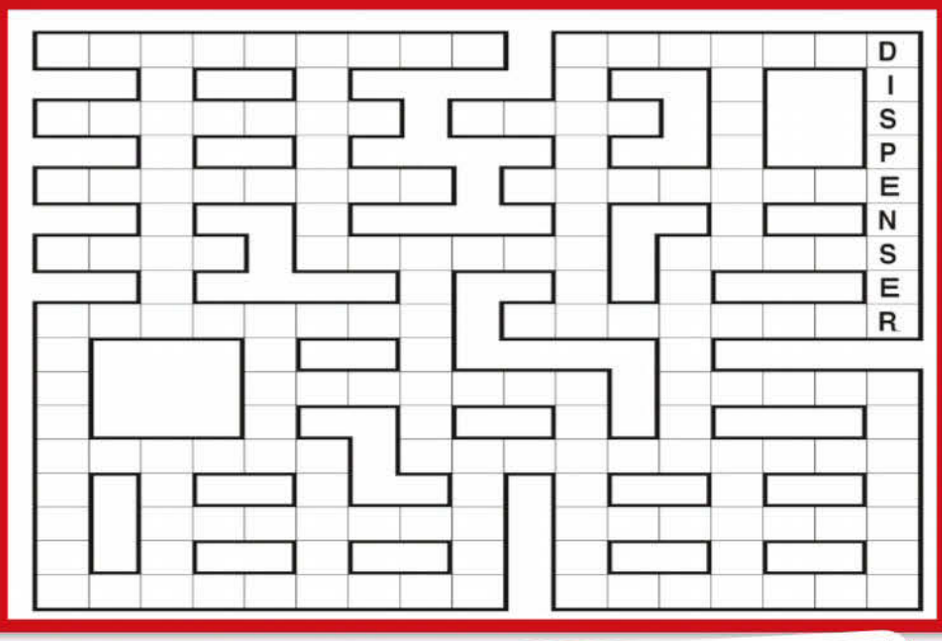
Patron saint of Ireland		City in Russia	Chest bone	Bird with a very large beak		Mother	City in Turkey		Uncle the USA	Terrible tsar	Affect-edly shy
Heart artery						Simple					
Three-some					Cadge				Rind		
Refute by argu-ments						Attack repeated-ly		Salary			
			Kind of pudding		Pale-faced						Flight of missiles
Natural fuel		Spicy Mexican sauce						Wild person		Musical form	
Ku Klux ...					Geomet-rical shape		Plus				
Insincere	Dairy product	Shed for swine		Highland pool					Greek letter		
Hen's products			Nothing				Had dinner			Im-passive	
				Scorch, brand		Flower w white petals					
Hard aromatic seed			Garden pest						Team of two		Long-living tree
						Spanish article		Cartoon dog, Scooby ...			
			Praise to God								
Loud wordless call		Long strand of matted hair									

ON SALE NOW!



CRISS CROSS

FIT the words in the grid.



4 LETTERS
COIL
SLOW

5 LETTERS
AGENT
AVAIL
CALLS
ESTER
KRONE
MAGIC
RUMBA

6 LETTERS
CICADA
DIMPLE

7 LETTERS
ABSTAIN
ACRYLIC
AFRICAN
ALABAMA
AMNESIA
ARSENIC
BLOATED
CATERER
CHAPELS
COUNTRY
GESTAPO
NEUTRON

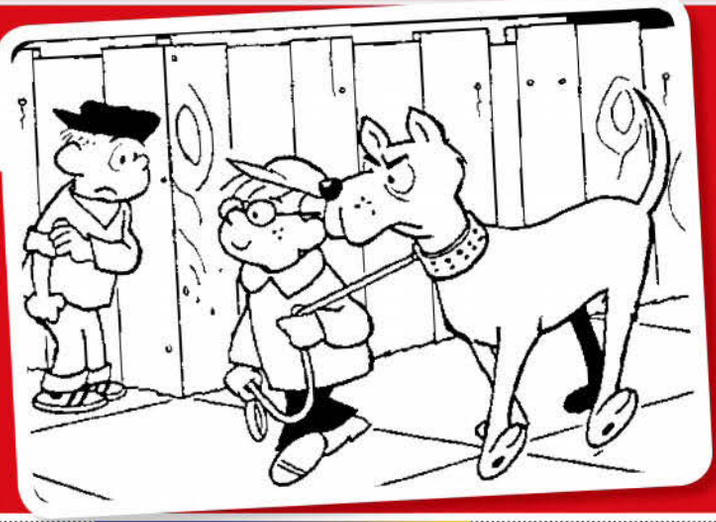
8 LETTERS
AGITATOR
AYATOLAH
BANDANNA
BEARABLE

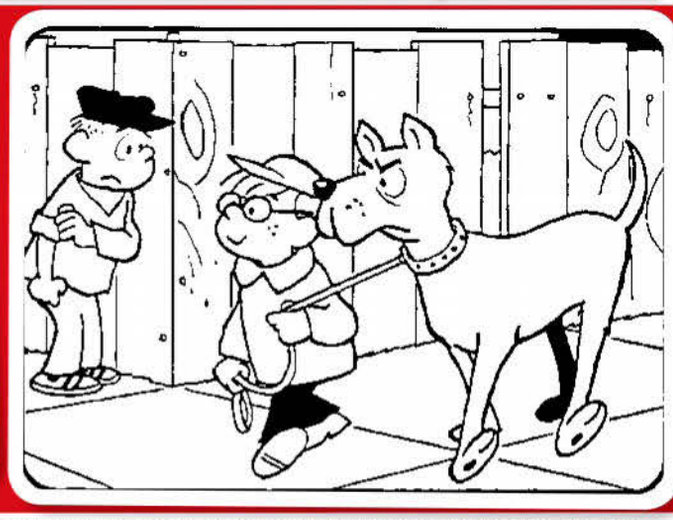
9 LETTERS
ADULATION
AVAILABLE
BLINDFOLD
BOOMERANG
DISPENSER
DOCTORATE

10 LETTERS
SKYSCRAPER

Spot The Difference!

AT first glance, these two pictures may look identical. But there are some subtle changes in the second picture. See if you can find the six differences.





Celeb Wordmatch

FIND A WORD that can follow the word on the left and precede the word on the right. When you have filled in all the answers, the name of a celebrity can be read from top to bottom in one of the lines.

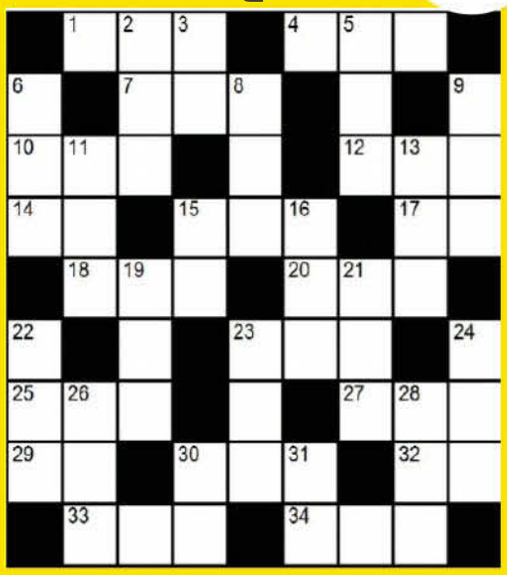
PINE							POINT
CLEAN							DEAD
OUTER						■	CADET
HIGH							BUS
SHIRT							LESS
EVER	■						FLY
WITCH						■	NUT
POT							ROOM
STOOL							HOLE
ANIMAL	■						BOY
CRAZY							STONE
DEPTH							NURSE

Wishing Well...

HERE is a pleasant little game that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

8	7	8	3	4	2	8	7	2	6	2	7	4
U	S	P	R	T	A	H	U	V	F	O	D	A
2	5	4	7	3	4	7	4	7	8	4	6	3
I	H	K	D	E	E	E	A	N	O	C	O	L
8	5	8	3	2	5	7	2	3	2	6	3	2
L	A	D	I	D	N	T	E	S	X	G	H	T
6	3	2	7	4	2	3	6	2	7	3	5	7
W	Y	R	R	T	E	O	I	M	A	U	G	N
3	6	4	7	4	5	4	2	7	2	8	6	3
R	L	I	S	O	I	N	E	F	S	T	L	S
7	3	8	3	5	3	8	5	8	5	7	5	3
E	U	H	C	N	C	E	T	T	H	R	E	E
5	6	8	3	5	8	3	6	8	6	8	6	6
R	C	R	S	E	U	S	L	T	E	H	A	R

MATHS QUIZ

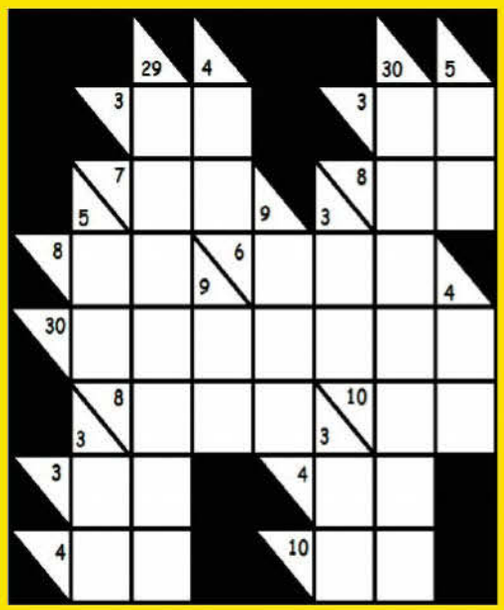


ACROSS
1. 1796 ÷ 4
4. 3368 ÷ 8
7. 275 + 176
10. 978 ÷ 6
12. 1534 ÷ 2
14. 385 ÷ 5
15. 3290 ÷ 5
17. 345 ÷ 5
18. 13 × 9
20. 1872 ÷ 3
23. 110 + 294
25. 900 ÷ 4
27. 118 - 7
29. 5 × 5
30. 1010 ÷ 5
32. 37 × 2
33. 7 + 101
34. 75 × 8

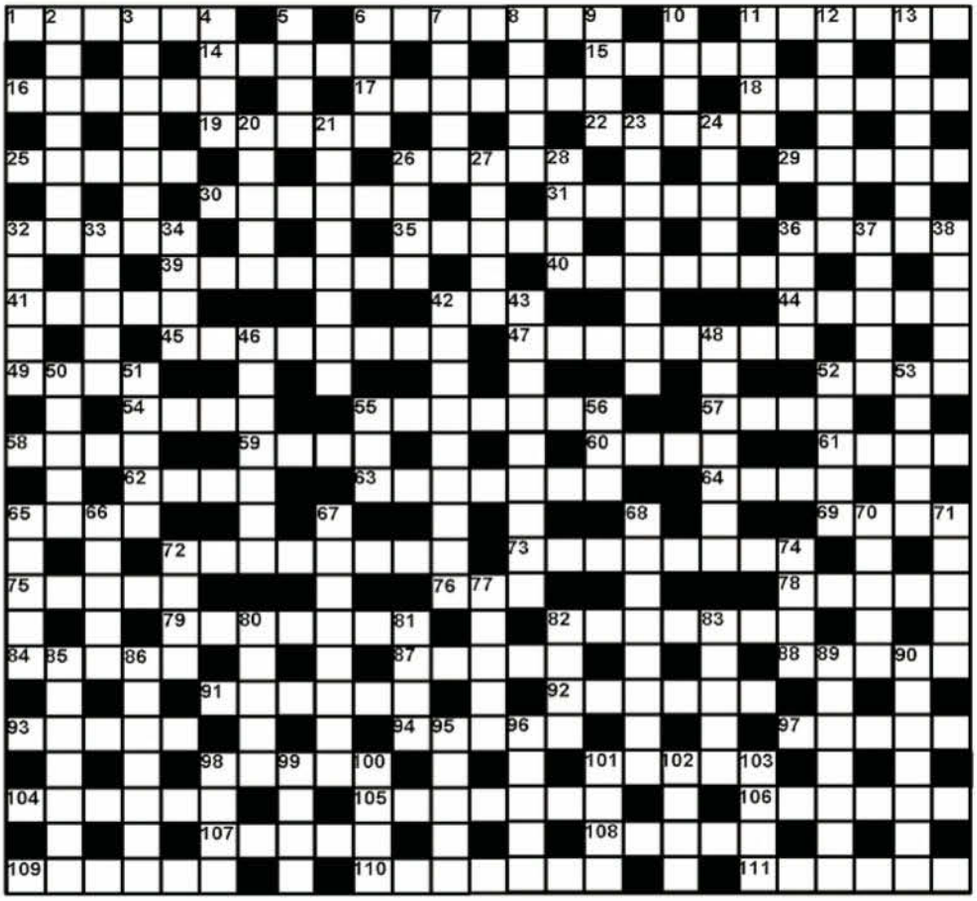
DOWN
2. 2658 ÷ 6
3. 190 ÷ 2
5. 313 - 56
6. 62 + 655
8. 33 × 5
9. 2274 ÷ 6
11. 753 - 82
13. 1992 ÷ 3
15. 402 ÷ 6
16. 6020 ÷ 7
19. 65 × 3
21. 281 - 40
22. 7398 ÷ 9
23. 2250 ÷ 5
24. 407 × 2
26. 301 - 50
28. 236 - 66
30. 49 - 21
31. 45 - 19

KAKURU

FIT only the numbers 1 to 9 into the grid so that each horizontal run of white squares adds up to the total above the diagonal line to the left of the run, and so that each vertical run of white squares adds up to the total below the diagonal line above the run. No number can be used more than once in any run.



CROSSWORD



ACROSS
1) Finally (6)
6) Traditional African beer (7)
11) Brief swimming costume (6)
14) Pleasant smell (5)
15) Ice house (5)
16) Reduce effectiveness (6)
17) Occupants who pay rent (7)
18) Scarcity (6)
19) Move to a rhythm (5)
22) Covered in scales (5)
25) Learn a subject (5)
26) Terrible (5)
29) Jewish teacher (5)
30) Distribute over an area (6)
31) Cricket team number (6)
32) Attempted (5)
35) Striped sort of horse (5)
36) Supplementary note (5)
39) Become aware (7)
40) Hindu deity (7)
41) Shout of approval (5)
42) Furniture to sleep on (3)
44) Was concerned (5)
45) Strangely funny (8)
47) Incapable of motion (8)
49) Descendants (4)
52) Be very wary of (4)
54) Biblical garden (4)
55) Determined (7)
57) Work hard (4)
58) Sit for a picture (4)
59) Stepped (4)
60) Always (4)
61) Affectedly artistic (4)
62) Take a chance (4)
63) Type of cricket ball delivery (7)
64) Drug taker (4)
65) Not so much (4)
69) Make money (4)
72) Spanish Atlantic islands (8)
73) Wealthy (8)
75) Ship's place in harbour (5)
76) Rocky peak (3)
78) Last Greek letter (5)
79) Take off your clothes (7)
82) Bowler who delivers 83 across (7)
84) Music recording (5)
87) Silly person (5)
88) Brief jottings (5)
91) Coarse thread (6)
92) Simple calculating device (6)
93) Dead language (5)
94) Child carer (5)
97) Concur (5)
98) Saying (5)
101) Make a slanting edge (5)
104) Open out (6)
105) Not allow to have (7)
106) Beastly person (6)
107) Colloquial (5)
108) Transports by boat (5)
109) Fork-tailed bird (6)
110) Return land to the state (7)
111) Bent under weight (6)

DOWN
2) Device to measure electrical current (7)
3) Talk that is absolute rubbish (7)
4) Three feet (4)
5) In the near future (4)
6) Satisfy (4)
7) Refresh an agreement (5)
8) Person of an old religion (5)
9) Be off target (4)
10) Urgent request (4)
11) Main part of a thing (4)
12) South African racing circuit (7)
13) Interesting (7)
20) First Greek letter (5)
21) Believable (8)
23) Someone owed money (8)
24) Blood-sucking worm (5)
26) Wood-smoothing tool (4)
27) Moral story (5)
28) Escaping liquid (4)
32) Cylindrical objects (5)
33) Very angry (5)
34) Let fall (4)
36) Fast-moving competition (4)
37) Funeral music (5)
38) Object-locating system (5)
42) First meal of the day (9)
43) Go out of sight (9)
46) Look down upon (7)
48) Impose your presence (7)
50) Run away to marry (5)
51) Brave actions (5)
52) Sudden blaze of light (5)
53) Following on (5)
55) Bustle (3)
56) Common number base (3)
65) Zodiac sign of the scales (5)
66) Bushy plant (5)
67) Words of welcome (8)
68) Final and best (8)
70) Prevent (5)
71) Draws close (5)
72) Close friend (4)
74) Ripped (4)
77) Vegetable with layers (5)
80) Rather old-fashioned (5)
81) Append a signature (4)
82) Remain (4)
83) Worthless (2,3)
85) One acquiring knowledge (7)
86) Mythical horned horse (7)
89) Continuing (7)
90) Lift up (7)
95) Savoury jelly (5)
96) Unpleasant sound (5)
98) As well (4)
99) First Biblical man (4)
100) Border (4)
101) Most successful (4)
102) Empty space (4)
103) Scottish girl (4)

SOAP BLOCKWORD

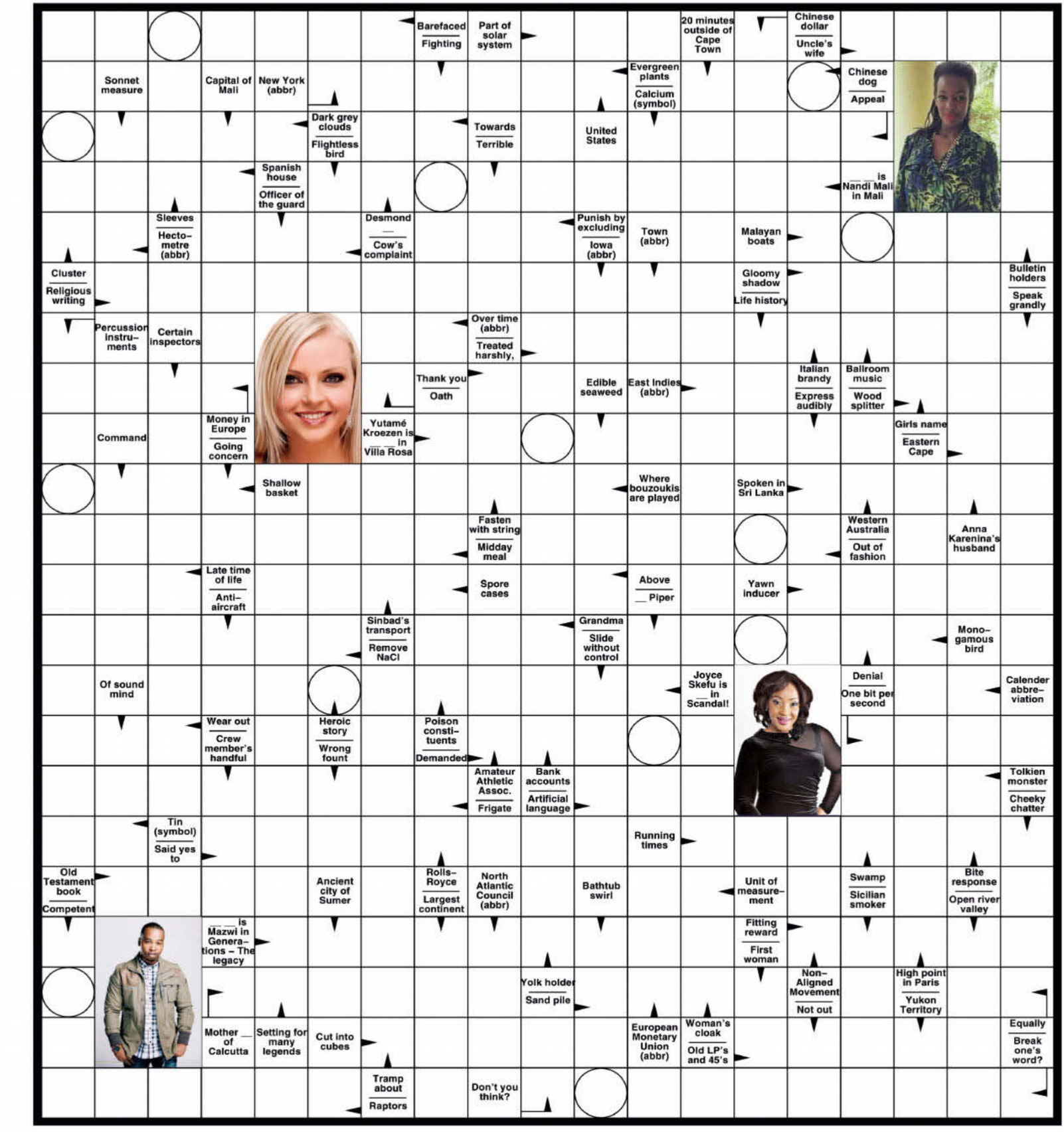
WIN

NO. 570

BY MARIUS GREEFF / PICS: PUBLICITY/ WWW.ELITEPHOTOAGENCY.COM / MAGAZINE FEATURES

R500

TO ENTER this SOAP BLOCKWORD, all you have to do is finish the grid. When completed the scrambled letters will spell out the answer for the clue: An actress in *The Young And The Restless*. Sms 48408 with the answer, your name and surname, as well as **people**/Soap Blockword No. 570. Be sure to sms before April 27, 2015. By doing this, you stand the chance of winning R500. Winner of Soap No. 566: Jill Erasmus. Answer: Nicole Walker. Winners will be paid electronically. Smses charged at R1.50 and free smses do not apply. Terms and conditions apply.

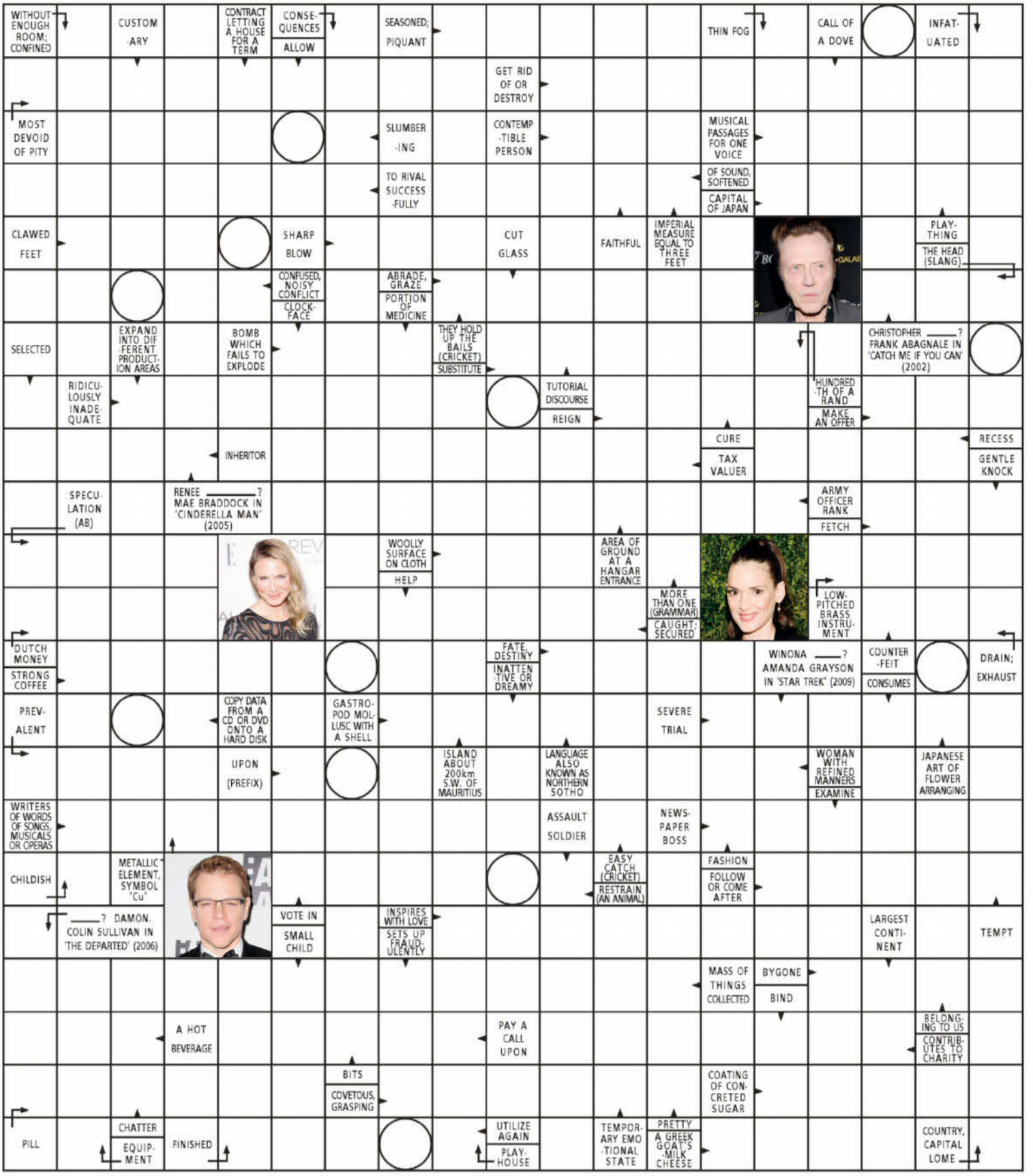


CELEB BLOCKWORD NO. 570

BY JOHN WHIFFIN
/ PICS: WWW.ELITEPHOTOAGENCY.COM

WIN R1 000

TO ENTER our CELEB BLOCKWORD, all you have to do is finish the grid. When completed, the circled letters will spell out the name of a movie star whose films include *Wildcats* and *Critical Condition*. Sms 48408 with the answer, your name and surname, and **people**/Celeb Blockword No. 570. Be sure to sms before April 27, 2015. By doing this, you stand the chance of winning R1 000. Winner of Celeb Blockword No. 566: Lesley Dunbar. Answer: Aaron Eckhart. Winners paid electronically. Smses charged at R1.50 and free smses do not apply. Terms and conditions apply.



General KNOWLEDGE











Lyric poem
Mature acorns / Stringed instrument
SA rugby union coach in Japan (5,10)
Stead
Come into being
Forbid
Scottish lake / Evening meals
Arid / Hot beverage
Contend for / Spirit
Fuss / Craft
Kentucky (abbr) / Exuberant vigour (pl)
Walk unevenly / Indication
Feeling of terror / Looked intently
River in N Italy
Sweeping tools / Minerals
New Hampshire / Outstanding!
Breed of horse / Inactively
Female suffix / Female title
Small game bird / Bahrain currency
Grazed / Charged atom
Social insect
Framework
More smeared / Tidy
Legume / Exempt
Fronded plant / Diving birds
American singer-songwriter (6,7)
Witness / Methods
Bromeosin / Pack of paper
Grow old / Elegant bird
Track unit / Dug out turf
Closest / Owing
Fencing sword / Still
Rule (India) / Unfasten
Solution / Responsibility
Declared / Split grain
Most wealthy / Crazy
Concealed / Charge of quarters (abbr)
Fathers / Indian queen
Dark smudge
12th Greek letter / Find
Saint (abbr) / 7th Gk letter (pl)
Telephone someone
Is able to / Deed
Prescribed quantity / Scandinavian
Article / Reef material
American actor and director (7,5)
Please respond
Very light wood
Land measure / Capable
Italian greeting / Move furtively
Minute particle / Single entity
Hands out
Continent
Shilling (abbr) / And
Primary colour / Exposed
Flora / Nocturnal bird
Bill of exchange / Which person?
Delivery vehicle / Appropriate
Bottom / Decimal base
Church recess / While
Sewing fastener / Essential
Summits / Austria (www)
Mound / Depart
Iowa (abbr)
Measuring device / .. Capone
Cut of beef
English celebrity chef (5,6)
Bird's homes

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Turn to **page 72** for answer grids

Monica Bellucci

Recipe

BY VERA FOURIE



PICS: TAMIKA MILLER/ WWW.ELITEPHOTOAGENCY.COM

ITALIAN beauty Monica Bellucci originally studied to become a lawyer, and modelled on the side to earn money before turning to professional modelling full time. At 25 she had her first Dolce & Gabanna catwalk and 20 years later she became the face of the fashion label. At 50, she has become the oldest actress to play a Bond Girl, in the movie *Spectre* opposite **Daniel Craig**. She famously played a topless vampire in *Bram Stoker's Dracula* and starred as a sci-fi vixen in *The Matrix* sequels, while she also played Mary Magdalene in *The Passion Of The Christ* and a rape victim in *Irreversible*. She has houses in Italy, Paris, England and Brazil, and is fluent in English, French, Persian, Spanish and, of course, Italian. And, true to her Italian roots, she says not much can beat a good pasta!

Pasta Carbonara

Ingredients

5 Tablespoons extra virgin olive oil
3 Tablespoons unsalted butter
250g Bacon (diced)
4 Eggs
6 Tablespoons freshly-grated pecorino cheese, (divided into two portions)
4 Tablespoons finely chopped flat-leaf parsley
500g Spaghetti
Salt and pepper to taste

Directions

COOK the spaghetti in a large pot of boiling, salted water until it's *al dente*. While the pasta is cooking, melt the oil and butter in a frying pan and cook the bacon until crispy, and set these aside. Whisk the eggs and three of the tablespoons of cheese in a bowl, and add the parsley and plenty of black pepper. When the pasta is ready, drain well and tip it back into the pot. Then add the bacon to the warm pasta, pour in the egg mixture and mix everything together by lifting the pasta with forks so that the egg can drizzle between the strands. The heat from the pasta will be sufficient to cook the egg to a creamy coating. Season with salt and pepper and serve immediately with the remaining cheese sprinkled on top.





Birth Name: Monica Anna Maria Bellucci
Date Of Birth: September, 30, 1964
Place Of Birth: Città di Castello, Umbria, Italy
Parents: Luigi Bellucci and Maria Gustinelli
Height: 1.71m
Spouse: Vincent Cassel (divorced 1999–2013)
Claudio Carlos Basso (divorced: 1990–1994)
Children: Daughters Deva and Léonie Cassel
Trademarks: Natural brunette hair, voluptuous figure and deep, sultry voice

TRIED & TESTED

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PUZZLE ANSWERS

Even Exchange

1. Boris, Doris
2. Middle, Meddle
3. Nestle, Nettle
4. Civil, Civic
5. Square, Squire
6. Guide, Guise
7. Pocket, Packet
8. Minor, Manor
9. Dingo, Diego
10. Remove, Remote

Cryptic Crossword

R		N		M		A	V	I	A	T	E	S
A	R	O	M	A		S		N		A		P
T		V		R	E	P	U	T	A	B	L	E
T	R	I	C	K		E		E		L		N
L		C		E	X	C	E	L	L	E	N	T
E		E		T		T		L			O	
D	E	S	I	G	N		T	I	R	A	D	E
	E			A		C		G		R		N
A	L	T	E	R	N	A	T	E		T		T
S		H		D		P		N	O	I	S	E
P	R	E	C	E	D	E	N	T		S		R
E		R		N		R		L	I	T	H	E
N	E	M	E	S	I	S		Y		S		D

Codebreaker



Arrow Word

	P				M			S			
	A	O	R	T	A		B	A	S	I	C
	T	R	I	O		B	U	M		V	O
	R	E	B	U	T		R		P	A	Y
O	I	L		C		A	S	H	E	N	
	C		S	A	L	S	A		E		V
	K	L	A	N		S		A	L	S	O
			G		T	A	R	N		K	L
H	Y	P	O	C	R	I	T	I	C	A	L
	O	I		N	I	L		M	H		E
E	G	G	S		A		D	A	I	S	Y
	H	S		S	N	A	I	L		T	
N	U	T	M	E	G		N		D	O	O
C	R	Y		A	L	L	E	L	U	I	A
	T		D	R	E	A	D	L	O	C	K

Sudoku

8	7	6	2	9	4	5	1	3
5	2	4	1	3	6	9	7	8
1	3	9	7	5	8	2	4	6
4	9	1	3	8	5	6	2	7
2	8	3	6	1	7	4	9	5
6	5	7	9	4	2	3	8	1
9	4	5	8	6	1	7	3	2
7	6	8	4	2	3	1	5	9
3	1	2	5	7	9	8	6	4

Maths Quiz

	4	4	9		4	2	1	
7		4	5	1		5		3
1	6	3		6		7	6	7
7	7		6	5	8		6	9
	1	1	7		6	2	4	
8		9		4	0	4		8
2	2	5		5		1	1	1
2	5		2	0	2		7	4
	1	0	8		6	0	0	

Go Figure

1	+	5	×	3	18
×		×		×	
9	–	4	+	8	13
+		–		–	
6	÷	6	×	7	7
15		14		17	

Killer Kakuru

		9	7		7	8		3	1
9	7	5	8		9	5	7	1	2
8	9		6	1		9	8		
		1	4	2			9	8	6
7	3	4	9	8		1	4	6	2
9	6	8		7	9	8		9	7
3	1		7	9	8		9	7	3
8	4	6	9		3	6	5	4	1
4	2	1			1	2	4		
		3	1		7	9		7	9
4	3	2	5	1		7	5	9	8
2	1		2	3		8	9		

Celeb Wordmatch

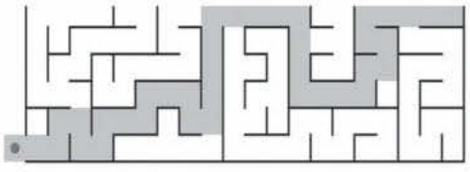
PINE	N	E	E	D	L	E	POINT
CLEAN	L	I	V	I	N	G	DEAD
OUTER	S	P	A	C	E		CADET
HIGH	S	C	H	O	O	L	BUS
SHIRT	S	L	E	E	V	E	LESS
EVER		G	R	E	E	N	FLY
WITCH	H	A	Z	E	L		NUT
POT	B	O	I	L	E	R	ROOM
STOOL	P	I	G	E	O	N	HOLE
ANIMAL		L	O	V	E	R	BOY
CRAZY	P	A	V	I	N	G	STONE
DEPTH	C	H	A	R	G	E	NURSE

Jumbo Crossword

ACROSS: 3) HEART 9) HARSH 14) KIOSK 15) URGE 16) GRAM 17) VERSO 18) DIANA 19) NIDUS 21) CARAMEL 22) TIMIDNESS 23) CEDILLA 24) FEAST 26) OTHER 28) BEMA 30) SARCASM 34) ALMS 37) ADHERED 40) STRANGE 42) WISE 43) DEARTH 44) APPEAL 45) ECHO 47) ALBUM 49) SHADOW 51) SPAM 53) PORT 55) CASUAL 56) GIG 58) WEB 60) VOW 61) JOT 62) IN A PANIC 66) EDITION 67) WAITRESS 70) KNOT 71) PARR 72) VITAL 74) KID 76) SCARF 77) ASKANCE 78) IMAGERY 79) THETA 80) ROC 81) STEER 82) SEED 84) BELL 87) PROMPTLY 90) JANITOR 94) DEADLINE 97) OIL 98) EGG 99) ERE 100) IDE 101) INDOOR 102) YETI 105) ADIT 107) SAMPLE 110) LIMIT 112) LIAR 114) MUESLI 116) INTACT 119) TSAR 120) LEGIBLE 121) ANTIQUE 122) MELD 124) CYCLONE 128) TRUE 130) LASSO 133) SHEET 136) ARSENAL 137) HUMILIATE 138) MEALIES 139) YOKES 140) AIMED 141) PREEN 142) AIDE 143) NUTS 144) OGLED 145) STERN 146) ETUDE

DOWN: 1) MIRAGE 2) ESCAPADE 4) EXILE 5) RUNTS 6) TRAITS 7) SENIOR 8) AGENDA 9) HANSOM 10) A MIST 11) SAUCE 12) HERITAGE 13) ASYLUM 18) DEFIED 20) SERIAL 25) AREA 27) HATE 28) BOWLS 29) MASCARA 31) ASHAMED 32) COMBO 33) SHAMPOO 35) LECTURE 36) SPOIL 38) RET 39) DRIP 40) SPAR 41) RAG 46) TOGA 48) MATT 50) WINK 52) AWE 54) OWN 55) COIR 57) GIN 59) BICKERING 60) VINDICATE 61) JAR 63) NEITHER 64) PHANTOM 65) COCKNEY 67) WAGERED 68) RECITAL 69) SURGEON 73) ANT 75) HAM 82) STIR 83) ELL 85) LEI 86) LADS 88) ODDBALL 89) POOR 90) JET 91) AGILITY 92) ORATION 93) RED 95) DEAL 96) IMPOSER 101) ISLAM 103) ERSE 104) IMPEL 106) IOTA 108) EYRIE 109) TUB 111) ACT 113) REDEEMED 114) MISLAY 115) ELKS 117) ANTE 118) TILTED 119) TUTELAGE 123) ERRORS 124) COUSIN 125) CHIDED 126) ORIENT 127) ESTATE 129) UNEVEN 131) ALOFT 132) SHEAR 134) HEIST 135) EMEND

Kids Maze



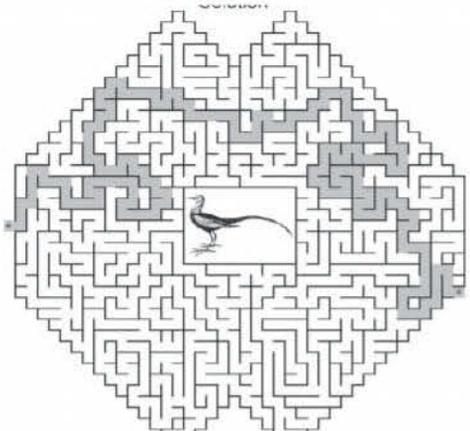
Scramblers

1. Beckon; 2. Squalid; 3. Convey; 4. Accost

Today's Word

SQUEAKY

Mega Maze



Sticklers

There are 49 individual cubes.

Number Crunch

5 1 1 + 1 8 1 = 6 9 2

1 9 6 + 1 0 3 = 2 9 9

3 1 5 + 7 8 = 3 9 3

Missing Links

700	÷	2
350	+	17
367	+	121
488	÷	4
122	-	43
79	x	10
790	-	108
682	÷	2
341	+	35
376	-	300
76	x	3
228	x	2
456		

General Knowledge Blockword



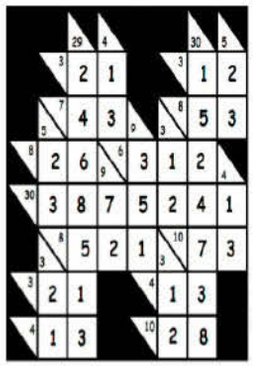
Sugaru

3	5	2	1	4
2	1	4	3	2
5	3	2	1	5
1	4	5	4	3
3	2	1	2	1

Monster Sudoku

9	A	4	7	E	1	8	B	2	6	C	0	D	5	F	3	
F	B	1	6	0	3	2	4	E	5	D	A	8	C	7	9	
3	5	2	D	9	7	F	C	8	1	B	4	6	E	0	A	
8	E	0	C	5	6	A	D	7	9	3	F	B	2	4	1	
1	F	B	9	7	D	C	A	6	3	5	8	0	4	E	2	
0	3	A	5	B	9	4	E	1	D	7	2	C	F	6	8	
2	7	E	8	1	0	6	F	A	C	4	B	9	3	5	D	
6	D	C	4	8	5	3	2	9	0	F	E	7	1	A	B	
B	0	D	2	C	F	5	6	4	7	A	9	3	8	1	E	
5	8	3	E	4	2	7	1	C	B	0	6	A	D	9	F	
A	6	9	1	D	B	0	8	5	F	E	3	2	7	C	4	
4	C	7	F	3	A	E	9	D	2	8	1	5	0	B	6	
C	1	5	A	2	8	B	7	F	E	6	D	4	9	3	0	
7	2	F	B	6	E	D	3	0	4	9	C	1	A	8	5	
D	4	8	3	F	C	9	0	B	A	1	5	E	6	2	7	
E	9	6	0	A	4	1	5	3	8	2	7	F	B	D	C	

Kakuru



Tatami

2	3	1	2	3	1
1	2	3	1	2	3
3	1	2	3	1	2
1	2	3	1	2	3
2	3	1	2	3	1
3	1	2	3	1	2

CrissCross

A	V	A	I	L	A	B	L	E		B	L	O	A	T	E	D
		D			C					O			L			I
C	O	U	N	T	R	Y		S	L	O	W		A			S
		L			Y					M			B			P
A	Y	A	T	O	L	A	H		B	E	A	R	A	B	L	E
		T			I					R			M			N
C	O	I	L		C	I	C	A	D	A		C	A	L	L	S
		O				H				N		A				E
B	A	N	D	A	N	N	A		A	G	I	T	A	T	O	R
L				V			P					E				
I				A	M	N	E	S	I	A		R	U	M	B	A
N				I			L			B		E				F
D	I	M	P	L	E		S	K	Y	S	C	R	A	P	E	R
F		A			S			R		T			G			I
O		G	E	S	T	A	P	O		A	R	S	E	N	I	C
L		I			E			N		I			N			A
D	O	C	T	O	R	A	T	E		N	E	U	T	R	O	N

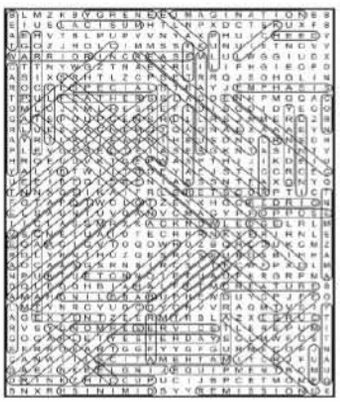
Celeb Crossword



Numbersearch

2	3	8	1	0	1	5	2	7	1	7	4	9	7	4	4	3
9	4	1	4	0	1	0	4	9	6	7	0	3	1	3	5	6
6	9	5	9	6	6	3	2	1	3	7	9	4	0	3	0	3
6	5	5	8	5	2	8	4	9	3	6	6	1	5	6	9	7
9	1	4	3	0	1	4	3	7	8	5	5	6	3	0	5	8
7	4	9	2	8	4	8	1	8	4	1	1	4	8	9	3	6
7	0	2	0	3	5	0	9	7	5	7	5	3	5	5	0	8
1	6	9	4	4	7	1	3	5	2	8	6	5	9	6	6	7
2	3	2	6	0	3	7	6	4	9	3	7	6	6	4	2	1
9	9	9	0	7	2	5	6	0	9	4	8	9	3	8	8	8
7	9	5	7	0	9	5	4	0	0	7	1	2	2	4	3	3
6	2	7	3	0	0	3	9	3	1	3	7	9	2	8	5	9
8	5	8	3	0	1	9	5	4	7	6	2	6	3	7	9	9
9	1	9	4	0	4	1	0	7	3	3	5	0	3	9	0	2
2	1	4	8	4	0	3	1	0	9	1	3	8	8	4	6	3
1	0	4	6	9	7	1	3	6	0	9	0	1	7	2	0	6
9	6	8	2	7	8	0	4	7	5	4	2	9	6	4	8	4

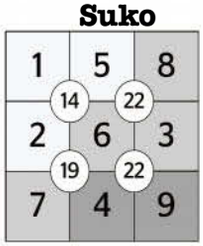
Giant Wordsearch



WordDoku

D	E	A	O	R	U	P	Q	C
P	U	O	Q	C	E	D	R	A
Q	R	C	P	D	A	E	O	U
E	D	Q	A	O	P	U	C	R
O	C	R	U	E	D	Q	A	P
A	P	U	R	Q	C	O	E	D
R	O	P	C	U	Q	A	D	E
C	A	E	D	P	O	R	U	Q
U	Q	D	E	A	R	C	P	O

Suko



Crossword

ACROSS 1) LASTLY 6) SORGHUM 11) BIKINI 14) AROMA 15) IGLOO 16) IMPAIR 17) TENANTS 18) DEARTH 19) DANCE 22) SCALY 25) STUDY 26) AWFUL 29) RABBI 30) SPREAD 31) ELEVEN 32) TRIED 35) ZEBRA 36) RIDER 39) REALISE 40) KRISHNA 41) BRAVO 42) BED 44) CARED 45) PECULIAR 47) IMMOBILE 49) SEED 52) FEAR 54) EDEN 55) ADAMANT 57) TOIL 58) POSE 59) TROD 60) EVER 61) ARTY 62) DARE 63) OFFSPIN 64) USER 65) LESS 69) EARN 72) CANARIES 73) AFFLUENT 75) BERTH 76) TOR 78) OMEGA 79) UNDRESS 82) SPINNER 84) ALBUM 87) IDIOT 88) NOTES 91) STRING 92) ABACUS 93) LATIN 94) NANNY 97) AGREE 98) ADAGE 101) BEVEL 104) UNROLL 105) DEPRIVE 106) ANIMAL 107) SLANG 108) SHIPS 109) DRONGO 110) ESCHEAT 111) SAGGED

DOWN 2) AMMETER 3) TWADDLE 4) YARD 5) SOON 6) SATE 7) RENEW 8) HINDU 9) MISS 10) PLEA 11) BODY 12) KYALAMI 13) NOTABLE 20) ALPHA 21) CREDIBLE 23) CREDITOR 24) LEECH 26) ADZE 27) FABLE 28) LEAK 32) TUBES 33) IRATE 34) DROP 36) RACE 37) DIRGE 38) RADAR 42) BREAKFAST 43) DISAPPEAR 46) CONTEMN 48) INTRUDE 50) ELOPE 51) DEEDS 52) FLARE 53) AFTER 55) ADO 56) TEN 65) LIBRA 66) SHRUB 67) GREETING 68) ULTIMATE 70) AVERT 71) NEARS 72) CHUM 74) TORN 77) ONION 80) DATED 81) SIGN 82) STAY 83) NO USE 85) LEARNER 86) UNICORN 89) ONGOING 90) ELEVATE 95) ASPIC 96) NOISE 98) ALSO 99) ADAM 100) EDGE 101) BEST 102) VOID 103) LASS

Spot The Difference

1. Cap is reversed 2. Cuffs are missing 3. Leash is shorter 4. Collar is different 5. Fence board is missing 6. Tail is shorter

Trivia Answers

TV Trivia 1. Grayson's runaway bride 2. Truth and Consequences 3. Stacy 4. Charlie 5. He tells Stacy the tuth 6. Jane7. Teri 8. Fred 9. Teri 10. Desperate Housewife

Trivia 1. In trees 2. Green 3. Bradley Walsh 4. Bertrand Russell 5. The Labour Party 6. The Maple Leaf 7. Cohort 8. Denmark 9. Horse and Hound 10. Martin Bell

Celeb Trivia 1. Sam Smith 2. True 3. Kathy Griffin 4. Jack Devnarain 5. The Soil 6. True 7. Terra Jolé 8. 32-years-old 9. Scott Dissick 10. True

THE PEOPLE BEHIND people

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Horoscope
Aries

BY WILLIAM SMITH

March 21 – April 20

ARIES: Mar 21 – Apr 20
Your Week: Your levels of confidence and energy should be peaking – thereby enabling you to act very effectively on something, and even everything, important and urgent. Always believe that there is much more to achieve, and you will indeed achieve it.
Taken: The loving interaction in your partnership is now all that you could wish it to be.
Single: This is when your yearning for love and companionship gets a timely boost.
Power Days: Monday & Tuesday (renewed confidence)
Lucky Numbers: 1, 5, 8, 16, 32, 45

TAURUS: Apr 21 – May 20
Your Week: This cycle places a lively accent on your financial and commercial activities. You need a new business or career dream to spur you on, so study your choices and set your sights on the best option. Explore fresh fields if you are unemployed.
Taken: Remember that it is through good communication that your relationship thrives.
Single: Around this time, you become the recipient of seemingly heaven-sent romantic good luck.
Power Days: Tuesday & Wednesday (financial moves)
Lucky Numbers: 7, 9, 19, 23, 28, 35

GEMINI: May 21 – Jun 21
Your Week: You can get by admirably on the strength of your experience and dedication at a time made for developing and promoting fresh notions. Life is sometimes what you make of it, and your prospects once again depend on your mental attitude.
Taken: Keep your partnership's emotional vitality at a constant and harmonious level.
Single: A new admirer's ardent attention serves to make you cheerful to the core.
Power Days: Monday & Tuesday (good communication)
Lucky Numbers: 10, 13, 22, 23, 39, 41

CANCER: Jun 22 – 23 Jul
Your Week: The sheer delight of homely things appeals strongly and that is where you will find the greatest pleasure and contentment during this time. You can break down barriers and make things new again in family relationships that have withered.
Taken: You are now well in tune with your darling. Your feelings make you a winner.
Single: You can sense and feel the romance in the air at this time – so enjoy it to the full.
Power Days: Tuesday & Wednesday (family concerns)
Lucky Numbers: 5, 9, 18, 24, 35, 45

LEO: Jul 24 – Aug 23
Your Week: This is a fortunate session if you are intent on seeking the limelight in some way. Have faith in your ability to develop and promote your creative talents. You may be surprised to see what can be achieved when you use your imagination.
Taken: Bear in mind that trust is one of the most important aspects of an intimate partnership.
Single: Underscore love and affection with charm in order to get the sort of responses you desire.
Power Days: Monday & Tuesday (creative tasks)
Lucky Numbers: 4, 11, 15, 27, 38, 41

VIRGO: Aug 24 – Sep 22
Your Week: If you are working in a competitive field of activity or business, efforts and initiatives taken at this stage will certainly not be wasted. Arm yourself with a motto and goal, and do not, under any circumstances, deviate from your aim.
Taken: Keep your promises. Remember that you are morally committed to do the things you say.
Single: This is when your friendliness is sure to be well-appreciated and returned with interest.
Power Days: Tuesday & Wednesday (health matters)
Lucky Numbers: 3, 8, 19, 20, 27, 29

LIBRA: Sep 23 – Oct 22
Your Week: Heart-warming thoughts of old companions and good times shared with them could prompt you to organise a reunion. You have the power to bless and uplift those who need encouragement. You will also be contented if you spread cheer around.
Taken: Shower your one-and-only constantly with unconditional adoration and compassion.
Single: Your smile could land you a new lover.
Power Days: Monday & Tuesday (shared goals)
Lucky Numbers: 1, 3, 8, 15, 22, 39

SCORPIO: Oct 23 – Nov 22
Your Week: Do not hesitate to make a change if you feel that a certain area of your life is in a rut. Obey your own intuition – instead of following somebody else's advice – because it will not let you down. Your judgement and choices will be best.
Taken: Make your romance as much spiritual as it is physical so as to strengthen and preserve it.
Single: You must get really close to a admirable somebody who could become your one-and-only.
Power Days: Tuesday & Wednesday (making changes)
Lucky Numbers: 6, 19, 27, 37, 47, 48

ASTRO PROFILE

WHAT THE STARS SAY ABOUT...



PIC: GREATSTOCK

PATRICIA ARQUETTE
April 8, 1968

PATRICIA ARQUETTE is an American actress and director and is well-known for playing the lead character in the supernatural drama series *Medium*. She has an interesting background, born to Lewis Arquette, an actor and a convert to Islam, and Brenda 'Mardi' Olivia (nee Nowak). Her mother is Jewish, a theatre operator, actress, teacher and therapist. **Patricia** is a Sun Aries with Leo Rising, and Moon and Jupiter in Leo, and also has Mercury, Venus and Saturn in Aries, as well as Mars in Taurus. This powerful fire element overtone makes her extremely self-assertive, confident in all aspects of life and highly ambitious, and yet she is well-grounded thanks to that Mars in Taurus factor. Leo Rising, and hosting the Moon and Jupiter, adds a proud bearing and powerful dramatic instincts to her animated and effervescent Aries character. She is obviously well in control of her own destiny.

SAGITTARIUS: Nov 23 – Dec 21
Your Week: Taken all round, an exciting ambit is in store for you, bringing changes and a sense that fresh horizons are beckoning. Therefore, your thoughts and aims should be outward-bound because you can indeed reel in some significant worldly triumphs.
Taken: Envelop your sweetheart in love and affection. Express your burning desires.
Single: Attract attention. Be more adventurous if you are eligible and looking for love.
Power Days: Monday & Tuesday (expansive action)
Lucky Numbers: 8, 13, 28, 35, 38, 49

CAPRICORN: Dec 22 – Jan 20
Your Week: You have it in your power to create worthy opportunities. At the same time, you must accept that time moves on and changes come along. You simply cannot stand still and yet make progress. So give your mind and imagination an upward swing.
Taken: Expect to be cuddled and kissed. It should all conduce to absolutely blissful intimacy.
Single: Enhance your sex appeal by updating your appearance and improving your social graces.
Power Days: Tuesday & Wednesday (commercial aims)
Lucky Numbers: 3, 17, 19, 26, 30, 37

AQUARIUS: Jan 21 – Feb 19
Your Week: This harmonious interval favours you with enhanced social popularity and a generally pleasurable time. Have great fun acquiring new friends and experimenting with new interests. Introductions and invitations make life worth living.
Taken: Loving and sharing make a wonderful combination – even more so than at this time.
Single: A newcomer to your business premises or social scene could both charm and intrigue you.
Power Days: Monday & Tuesday (new friendships)
Lucky Numbers: 5, 9, 19, 25, 32, 35

PISCES: Feb 20 – Mar 20
Your Week: You are presently on a path more in tune with your deeper self and your real needs than you realise. You appear to be at a turning point in your journey through life. A choice and a decision must be made in order to sail ahead.
Taken: A powerful emotional vitality now flows back and forth between you and your mate.
Single: Pleasures and comforts shared with an eager new soul mate could be your lot.
Power Days: Tuesday & Wednesday (private issues)
Lucky Numbers: 6, 12, 27, 30, 39, 46

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THIS WEEK'S FAB 5



BY PEARL MPHUTHI

people searches the entertainment world to bring you the hottest highlights of the week.

1 DINEO'S DIARY SEASON 4

DINEO RANAKA and her diary return to Vuzu AMP for the fourth season of this homegrown reality show! In Season Three, **Dineo** had a new house, new offices, new business, new boyfriend and new rules. Tune in to see what's changed in the new season of this top-notch reality show about a feisty South African woman making her own way in the world. ***Catch Dineo's Diary, Fridays at 19h00 on Vuzu AMP.***



2 CIARA'S I BET

SINGER-SONGWRITER **Ciara** gives us a taste of her first single *I Bet* from her upcoming sixth studio album, *Jackie*. The track was inspired by her much-publicised break up with ex-fiancé and baby daddy rapper **Future**. Produced by **Harmony 'H-Money' Samuels**, the song conveys through heartbreakingly beautiful sound what **Ciara** went through, and we can't wait to hear the rest of the album. ***I Bet is available for download on iTunes.***



3 LET'S STAY TOGETHER

LET'S STAY TOGETHER is the story of Stacy Lawrence (**Nadine Ellis**) a paediatrician, who is engaged to Charles Whitmore (**Bert Belasco**), the contractor she hired to remodel her kitchen. Stacy and Charles have a fun, sexy, intense dynamic relationship – however, six months in, some of the magic of finally finding a soul mate has worn off, and they find themselves constantly renegotiating their rules of cohabitation. In contrast, Stacy's super-fabulous younger sister Tasha (**Joyful Drake**) and her husband Jamal (**RonReaco Lee**) act like an old married couple, even though they're only in their 20s. ***Catch Let's Stay Together, weekdays at 17h50 on BET.***

4 SECOND GENERATION WAYANS

THE **Wayans** brothers are no strangers in the entertainment industry. After the success of their hilarious '90s sketch comedy *In Living Color*, brothers **Keenen**, **Damon**, **Marlon** and **Shawn** became household names in Hollywood. Two decades later, family members Damien and Craig attempt to emulate their uncles' success by starring in *Second Generation Wayans*. The show follows the duo as they strive to make their mark in the entertainment world. **Tatyana Ali** (*Fresh Prince Of Bel Air*) co-stars as Damien's assistant, Maya, who acts as peacemaker when the guys get into sticky situations – which is often! ***Catch Second Generation Wayans Wednesdays at 17h00 on BET.***



5 THE BOOK OF LIFE

THE BOOK OF LIFE, a vibrant animated fantasy-adventure, tells the story of Manolo, a conflicted hero and dreamer who sets off on an epic quest through magical, mythical and wondrous worlds in order to reunite with his one true love, as well as defend his village. But Manolo and his equally courageous best friend Joaquin are not your typical Prince Charmings – the object of their affections is far from your average princess, and *The Book Of Life* is a fairy tale that doesn't go by the book. Presenting a grand mythology set in visually spectacular worlds never seen before, the film brings together director Jorge R. Gutierrez's unique visual style and a crowd-pleasing mix of adventure, action, comedy, romance and music. ***The Book Of Life releases April 24, 2015.***



Seen On Set

YOUR backstage pass to the best movies and TV sets.

HI JACK!

HUGH JACKMAN has a way of getting us excited! The 46-year-old father of two was seen grabbing a snack on the set of his upcoming movie *Eddie The Eagle*. The movie centres on Britain's first ski jumper, **Eddie Edwards**, who became the first competitor to represent Great Britain in Olympic ski jumping. Needless to say, we're looking forward to **Hugh**'s performance, though, as he still has a few more scenes to shoot, we can't see this one coming out anytime soon.



FUN FACT

HUGH earned a degree in communications, with an emphasis on journalism, from the University of Technology in Sydney.



FUN FACT

NICKI MINAJ once worked at Red Lobster restaurant in the Bronx.

NICKI'S HARD AT WORK

WE'VE got another sexy music video on the way! One of the world's favorite female rappers, **Nicki Minaj**, was seen on the set of the music video for her new track *The Night Is Still Young*. It's undeniable her curves turns heads, and with the help of her skintight dress and **J.Lo**'s ex, choreographer **Casper Smart**, things are bound to get even bouncier! We can't imagine **J.Lo** will be too pleased with **Casper**'s involvement in rocking **Nicki**'s booty, though, even if she *is* his ex. *The Night Is Still Young* is available for download from iTunes.



FUN FACT

IT took just 18 days to shoot the first instalment of the low-budget thriller series... Yeah, we're not exactly shocked, either.

THAT WIND LOOKS A LITTLE BITING...

FORMER *Beverly Hills 90210* actor **Ian Ziering** was spotted in Pennsylvania Avenue while filming the last scenes of *Sharknado 3* (yep, they're making a third one). Damn, that man makes 50 look good! We're pretty sure flying sharks aren't the only things trying to get a bite out of him! ***Sharknado 3 will air sometime in July.***

You Said What?

Celebs Having Their Say On Twitter...



"When someone gives you their heart, they're giving you the most valuable thing they own. Act like it."
– **Mike Epps**



"I put my arm up and I don't smell any different. Why can't I have a perfume?"
– **Chelsea Handler**

"Having soulfulness can't be taught but those who have it in them already know it & feel it inside when they hear it."
– **Missy Elliot**





Movie Of The Week

THE LONGEST RIDE

Starring: Scott Eastwood, Oona Chaplin And Jack Huston

★★★

FOLLOW the star-crossed love affair between Luke, a former champion bull-rider looking to make a comeback, and Sophia, a college student who is about to embark upon her dream job in New York's art world. As conflicting paths and ideals test their relationship, Sophia and Luke make an unexpected and fateful connection with Ira, whose memories of his own decades-long romance with his beloved wife deeply inspire the young couple. Based on a Nicholas Sparks novel, it also features **Scott Eastwood**, so expect to cry and swoon all at the same time.

***The Longest Ride* releases April 17, 2015.**

PROJECT ALMANAC

Starring: Jonny Weston, Sofia Black D'Elia And Sam Lerner

★★★

WHEN a group of high school students find an old camera, they notice something odd in the footage: their present selves are in one of the home videos from over 10 years ago. The friends begin to realise that there is more to this camera than meets the eye. After hearing a clicking sound in the basement, they find a time machine. Travelling to events all over the world in different eras and having the time of their lives, the friends think things can't get any better. But when their journeys cause ripples through time and create devastating circumstances around the world, the friends must go back to the past and fix the mistakes they made before the world is destroyed. ***Project Almanac releases April 17, 2015.***



WALKING ON SUNSHINE

Starring: Annabel Schoely, Giulio Berruti And Leona Lewis

★★★

PERFECT for a girls night in! This popular film is set in a beautiful coastal village in Italy and features hit songs from the big '80s. After a whirlwind romance, Maddie is preparing to marry the gorgeous Italian, Raf, and has invited her sister Taylor to the wedding. Unbeknownst to Maddie however, Raf is Taylor's ex-holiday flame, and the love of her life!



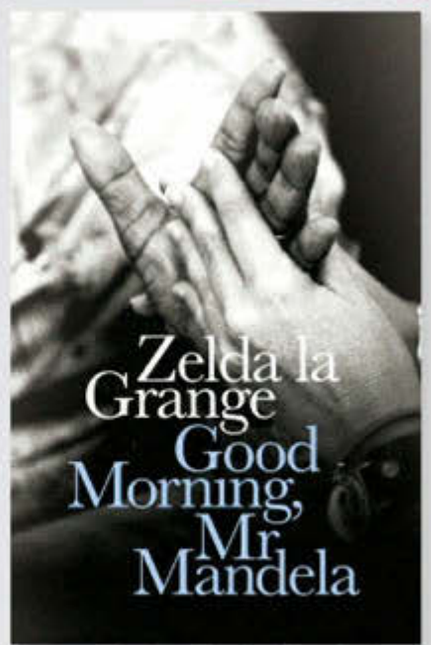
DVD

GOOD MORNING, MR MANDELA

Author: Zelda la Grange

★★★★

GOOD MORNING, MR MANDELA is the extraordinary story of how a young woman had her life and everything she once believed in transformed by the greatest man of her time. Zelda la Grange grew up in South Africa as a white Afrikaner who supported the rules of segregation. Yet a few years after the end of Apartheid she would become the trusted assistant to **Nelson Mandela**. Now she shares his lasting and inspiring gifts with the world.



BOOK

Abby Wants To Dance With Somebody

DANCE MOMS star **Abby Lee Miller** has come to realise that it takes two to tango.







Catch the second season of *Dance Moms*, Sundays at 20h00 on Lifetime.

***DANCE MOMS* star Abby Lee Miller has had lap band surgery in a desperate bid to lose weight and land herself a husband. "She's dropped 18kg in the past few months – and she still wants to lose more," discloses a friend.**

The larger-than-life 48-year-old reality star is pining for love and hopes that getting a hot, sexy new body will help her find a man – as well as lead to her becoming a mother herself.

"She gets very lonely," admits the friend. "It's ironic that she's spent all these years helping other people's kids learn to dance, but has never had a child of her own. **Abby** knows that it's probably too late now to get pregnant, but she'd like to find a nice man and maybe they could adopt."

But her personal life isn't the only issue she's had to deal with lately. The feisty brunette has also come under fire for the abrasive ways she coaches the 6 to 13-year-old girls she's seen training on TV, often yelling and screaming at them.

"I'm sorry, but this '*Dance Mom*' show is straight up abusive," slammed dance extraordinaire **Derek Hough** from *Dancing With The Stars*. "Child abuse isn't right."

Despite what **Derek** may have to say, **Abby**'s tactics seem to work. The formidable teacher got into the dance studio business when she was just 14. She started her Abby Lee Dance Company in Pittsburgh, America, in 1980, and some 4 000 students have passed through her doors. Many have gone on to have successful careers, starring in TV shows, movies, and stage productions such as *The Lion King*, *Wicked*, *Footloose* and *West Side Story*.

"It's been her whole life," admits the insider. "But **Abby**'s strong personality seems to scare off men. She's never had a long-lasting relationship. Sure, there have been guys over the years, but the romances always seem to fizzle out."

Last year, *Dance Moms* fans were shocked when **Abby** announced she was engaged – but it turned out that her 'fiancé' was gay and that she'd faked the romance to make her dying mother think she'd finally found love.

Abby was forced to confess that she wasn't really dating hunky **Michael Padula**, who makes a career out of doing voiceovers for TV and radio commercials. She admitted that she'd announced that they were getting married to comfort her 86-year-old mom Maryen Lorraine Miller, who was dying from colon cancer.

"**Abby** just wanted her mother to think she had found love," explains the friend. **Abby** herself confided, "I think it was 'kinda' like she would be at peace if she knew I had someone to take care of me."

"After her mom lost her battle with the deadly disease, **Abby** decided that she really needed to get her life in order," says the friend. "That's why she's been so determined to lose weight, get healthy, find love – and start a family of her own. But don't expect her to be any less outspoken anytime soon. That's never going to change!"

BY MARTIN SMITH



Quickie With Abby

Do you still keep in touch with your former students?

Yes, of course, I still take their butts to dinner! They don't send me any percentage of their earnings — I've wised up! I know that I am with them in spirit every single time they step on a stage or into a class.

What have you learned most from having a career as a professional dance teacher?

It takes 15 years to make an overnight success!

What inspires you most about dance?

The entertainment value, the ability to make something so difficult look so easy and the raw emotional execution.

What hopes do you have to teach your students about the performing arts?

Survival skills. Absolutely everything they need to know to be employable professional dancers.

What skills do most of your students walk away with after completing your classes?

Proper dance technique, as well as a realistic look at life, an understanding that everyone is replaceable and everything is possible! They should be able to stand taller, speak confidently and be comfortable in front of a mirror or on a stage.

What do you love most about teaching dance?

I love the joy in a child's face when they achieve a goal or master a trick for the very first time.

Getting To Know Abby Lee Miller

- **ABBY** inherited her love for dance from her mom, who's a 50-year member of the Dance Masters Of America.
- AT 14, she opened her own dance studio.
- HER favourite genre to choreograph is musical theatre.
- **ABBY**'S ultimate celebrity crush is **Tom Cruise.**
- IN her spare time, **Abby** spends hours looking for the perfect music for her dancers.
- SHE gets her dancers to tag her on social media to gain more followers.
- THE show recently won Favorite Reality Show at the Kids Choice Awards.

GETTING TO KNOW *Thando Thabethe*



SHE'S one of Mzansi's most celebrated celebs and she caught up with us to chat about her role as Nolwazi on *Generations: The Legacy*.

We want to test your creative side – If you were a cocktail, what would your name be, and why?
The Thabooty Shake, because I got a lot of junk in my trunk!

You're no stranger to the industry: can you tell our readers how your career began?
My career started at UJFM. I spent about three years at the University Of Johannesburg, and during that time I did stage productions for the drama department and commercials here and there, some 'TV licence' ones and 'brothers for life'. In my final year at university, I was headhunted by YFM and on the same day I landed the role of 'Thando Nkosi' on *My Perfect Family*!

Can you tell us about your role on *Generations: The Legacy*?
Nolwazi is not the most likeable of people – she tells it like it is. While she's ambitious and hard working, she won't let anything, or anyone, get in the way of her success.

Was it nerve-wracking to act alongside industry giants like Connie Ferguson?
Not at all – I believe working alongside greats can only force you to do your best!

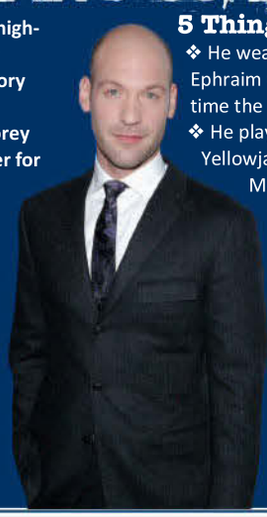
Apart from your busy schedule on *Generations* and 5FM, how do you spend your time?
I like to hang out with my family and my boyfriend. I enjoy simple things like a glass of wine over dinner or back-to-back series in front of the TV.

Do you have an embarrassing story to share that recently happened on set?
Well, I once came on set wearing a very pretty little dress and I tripped over one of the wires…needless to say, it must have been a great day at the office for the rest of the crew!

Any words you'd like to share with your fans?
Thank you for sharing this amazing journey with me; I'm so happy that so many people are now warming up to *Generations: The Legacy*, I promise not to disappoint you.

THE STRAIN'S COREY STOLL

***THE STRAIN* is a high-concept thriller that tells the story of Dr Ephraim Goodweather (played by Corey Stoll), the head of the Center for Disease Control Canary Team in New York City.** He and his team are called upon to investigate a mysterious viral outbreak with hallmarks of an ancient and evil strain of vampirism. As the strain spreads, Eph, his team, and an assembly of everyday New Yorkers, wage war for the fate of humanity itself.



5 Things About Corey Stoll

- He wears a wig in *The Strain* to play Dr Ephraim Goodweather. This is not the first time the bald actor has had to don one.
- He plays villain Darren Cross, also known as Yellowjacket, opposite **Paul Rudd** in the new Marvel Comics movie *Ant-Man*.
- As a child he thought he'd become a comic book illustrator.
- He had a minor roles in shows like *Law & Order* and *NYPD Blue* before landing his first feature role in the movie *North Country* in 2005 at the age of 29.
- He played Congressman Peter Russo in *House Of Cards* alongside **Kevin Spacey** and was killed off in the first season.

Catch *The Strain* Mondays at 20h30 on FOX.

Off The Record With Lil Red

BY EL BROIDE

WE chat to musicians making waves in the SA music scene!



AFTER being discovered as a dancer at the World Cup on Super Sport, Lil Red has danced her way into hip-hop, with her debut *Million Miles* being released on music video.

You're a dancer at heart – what made you want to join the local hip-hop industry?
I have always been a hip-hop head, so when I got the opportunity to start rapping, I didn't even think twice. It really is a dream come true for me and I'm really grateful to be doing this.

What do you bring to the market that is fresh and unique?
As an 18-year-old female rapper I bring a complete new sound to the market, combining different flavours and lyrical message in all of my tracks. That's the freshness that the industry is lacking.

You caught the eye of Da Les before being signed to his label. Tell us more about that.
After I was spotted dancing on Super Sport for the World Cup, I was asked to dance for **Da Les,** which was an opportunity I jumped at and which really helped me move my career to the next level. He thought I could make it as a rapper and gave me a chance – and here I am today.

What inspired your debut single, *Million Miles*?
Being a teenage girl and the experiences my close friends and I have gone through with love and boys inspired me to write *Million Miles*, because I wanted to show young girls that it's okay to take charge and be open about your feelings. There's no need to sit around waiting for Prince Charming.

How would you describe your sound?
I would definitely describe my sound as 'youthful swag'. That's exactly the feeling you get when you listen to my music.

Who inspires you?
My dad is my all-time hero and inspiration. His insane work ethic, loyalty and commitment to everything he does has been a great lesson for me to follow in all areas of my life.

What can we expect on your debut album?
Expect complete versatility, with me combining musical flavour from all over Africa.

What else are you getting up to in the next few months?
I'll be doing what **Lil Red** does best – dancing my heart out and making music! I'll also be releasing my new music video, and another single is in the pipeline, so look out for that!

United We Are
HARDWELL

★★★



HE blew us away at Ultra South Africa last month and now, after being voted the number one DJ in the world for the second year, **Hardwell** has released his debut studio album, *United We Are*. Now the first thing you look at when listening to an album released by a critically acclaimed DJ is the production, and **Hardwell** nailed that part, but decided to keep things rather commercial and, unlike **David Guetta**, didn't lose the sound he's known and loved for. He also has some amazing guests on the record such as **Fatman Scoop**, **Mr Probz**, **Jason Derulo** and more. Lyrically, however, the album disappoints. **Hardwell** relies more on his beats than writing, and while this may generally be the case with most pop productions, the potential each that each of the tracks have makes it particularly dissatisfying.
El's Favourite Track: Follow Me (Feat. Jason Derulo).

Ndim Lo
MONEOA

★★★



LOCAL star **Moneoa** strikes gold with her brand new album *Ndim Lo*. It's a brilliant collection of R&B tracks and is sung in both English and vernacular. **Moneoa** expresses herself beautifully, and each song tells a story. Ones that are very believable. While the overall production of the record may be just a little rough around the edges, **Moneoa**'s vocals are fantastic. We love how she manages to cater to both an older and younger audience – it shows just how versatile she is.
El's Favourite Track: Nothing You Can Say3

Globalisation
PITBULL

★★



DOES this man ever sleep? It feels as if he *just* released *Global Warming*, and now **Pitbull**'s already rushed out another new album. The record is the **Pitbull** we all know and, er, love? All the tracks seem to follow the same recipe and, in turn, makes the record feel incredibly cheesy. Sure, he's got acts such as **Jennifer Lopez**, **Chris Brown**, **Ne-Yo**, G.R.L., **Bebe Rexha** and **Jason Derulo** on the record, but the record is just a little overproduced and predictable. Also, Pitbull's albums are usually jam-packed with songs, and we feel a little cheated with this offering of only 11 tracks. Ejoy it for what it is, but be aware of what it isn't.
El's Favourite Track: Hotel (feat. Chris Brown).



Catch *Drop Dead Diva*, Thursdays at 21h00 on M-Net Series.

TV QUIZ

1. Who is Vanessa?
2. Jane finally comes clean to Grayson about really being Deb in which episode?
3. To whom does Fred lose his virginity?
4. Who claimed that he was robbed at a strip club, which then sued him for defamation after he complained on a website?
5. Why does Fred leave?
6. In season six, who represents a transgendered elementary school student?
7. When Paul gets into heavy credit card debt, who poses as his lawyer?
8. Who is Jane's guardian angel?
9. What is Jane's assistant's name?
10. Stacy becomes convinced her baby might be evil in which episode?

TRIVIA

1. Where does an 'arboreal' creature typically live?
2. In heraldry, what colour is vert?
3. Who is the quizmaster in ITV's *The Chase*?
4. Who won the 1950 Nobel Prize for literature?
5. Who have their headquarters at One Brewer's Green, London?
6. What Canada's most widely recognised national symbol?
7. Which unit of the Roman army consisted of approximately 480 men?
8. The mainland portion of which country is formed by Jutland?
9. What's the name of the oldest equestrian weekly magazine in the UK?
10. In 1997, who announced he was leaving the BBC to stand as an independent candidate in the Tatton?

CELEB QUIZ

1. Which British star lost 6kgs in two weeks?
2. True or False: **Gisele Bündchen** retired from the runway?
3. Which comedienne is quitting *Fashion Police?*
4. Which *Isidingo* star is set to climb Mount Kilimanjaro for a good cause?
5. Which local group recently sang for **Queen Elizabeth**?
6. True or false **Katie Holmes** has been romantically involved with **Jaime Foxx**.
7. Which *Little Women* star has welcomed a bouncing baby girl?
8. How old is **Lil Wayne**?
9. Which **Kardashian** star is reportedly back in rehab?
10. True or False: **Robin Thicke** and **Paula Patton** are now divorced.

RHYTHM CITY

NIKI, armed with the pocket call information, confronts Bash about his plans to rip off Kilowatt. Sis Bee and Jafta meet up in secret, but are eventually seen kissing by the entire church group. Thandeka is suspicious of Lerato's espionage efforts. Niki tries to safeguard the club from Nox's schemes. Mampho is in a state after the community sees Jafta and Sis Bee's liaison. Lerato gets an opportunity to obtain the information for David, but isn't sure if she should use it. The heist comes off clean, much to Niki's embarrassment, and she suspects Bash and Nox worked together on it. Lerato introduces Doc to Tshego and she's impressed with the way Doc deals with her mother. Lerato has to choose between Doc and David. Bash settles into his new role at Kilowatt, but Niki is still suspicious of him. Mampho and Jafta are conflicted about Rose's sudden reappearance.

Rhythm City, weekdays on e.tv at 18h30.

SCANDAL!

A WISH that someone from the past could return as a saviour appears to have come true. Mangi keeps his huge secret to himself and a disgraced ally reappears. Mlungisi makes a surprising decision, which his wife is not happy about. Anzani makes a desperate plea for a reprieve, which she hopes will save Lerumo. Secret plans are underway in prison for a very special occasion. Kitso goes all-out to impress but is unaware that her attempts are falling on stony ground. Mangi sets up a huge life event for himself but is determined to keep it a secret. A man shows up claiming to be the father of someone who already has a father. A mother's hopes of saving her son are dashed. Someone unexpectedly reveals a defiant side and tells a major lie. Layla is horrified when her past appears to be catching up with her once again. Beatrice decides to go the illegal route to save her son and approaches an old friend in prison. Zinzile becomes a force to be reckoned with on the home front.

Scandal!, weekdays on e.tv at 19h30.

BINNELANDERS

NAOMI'S suspicions are confirmed, and Okkie tries to appease Ilse. Emil's manipulation of Morné bears fruit. Nick really doesn't seem to understand Zadie, while she utters her disbelief. Jana has big plans, but Herman tries to convince her to be clever about it. A huge function gets a lot of attention, and a stolen bakkie raises a few very disconcerting questions. Gustav doesn't want to talk to the media, while Tertius tries to resolve the issue. At's telephonic conversation ends in a tragedy. A dark cloud hangs over Pretoria, and it is up to Jana to keep the hospital up and running. Gustav's handling of the situation is scrutinised, and Herman has to defend his behaviour. An insurance and a friendship chase a few blood-pressures through the roof in the Ferraira household. Nick is taken to task about Zadie, while Herman is enraged by Jana. Daleen and Pippa are avoiding each other, and Sus has her last say. Naomi lays down the law for Adelyn, while also trying to encourage friend to talk to Nick. Herman and Gustav's fight resumes – and leads to a shocking decision, while Leon is looking for answers regarding Anleo. ***Binnelanders, weekdays on kykNET and M-Net Terrestrial at 18h30.***

THE BOLD AND THE BEAUTIFUL

BROOKE, Rick and Hope are not happy as they listen to Ridge attempt to convince Eric to give him Rick's job. Family secrets come spilling out as Rick explains his anger to Ridge about Brooke, and Brooke explains to Eric that Ridge has left her for Katie. In the photo studio, Aly and Oliver flirt. Ridge, Rick, Brooke, Hope, Caroline and Carter await Eric's decision about Rick and Ridge. Eric makes a surprise decision and creates a new team to work together, namely Brooke and Ridge. Ridge is unrelenting in his opinion that HFTF is costing Forrester Creations more than money, which causes Brooke to go off at him. Ridge backs down, but threatens Rick once more that he won't be president for long. Later, Ridge confides in Brooke that he is upset that she told Eric about him and Katie. Brooke makes a startling declaration to Ridge about his future, both personal and professional. Brooke wonders if Eric has a hidden motive behind his recent decision. Ridge has to hold himself back from punching, Rick. Katie arrives unexpectedly and learns of Ridge and Brooke's shared position. She accuses Brooke of manipulating the situation to get what she wants: Ridge. Meanwhile, Maya and Carter go on a date and see Oliver and Aly, who is excited about her first date.

The Bold And The Beautiful, weekdays on SABC 3 at 17h30.



Katherine Kelly Lang plays Brooke Logan in *The Bold And The Beautiful*

SOAPIE STAR OF THE WEEK

7DE LAAN

AN uninvited guest pitches up at Herman's housewarming, and everyone is shocked to see who it is. Ty decides to take matters into his own hands; it's time for him to get back on the horse. Nthabi and Dali struggle to work as colleagues. Tonight is Sonja's first party in her new flat, and even Oubaas decides to join. Will Sonja be able to handle the independence, or has she bitten off more than she can chew? Bonita is very excited about the new chapter in her life, and is glowing with happiness. Petro is head-over-heels for Bernard, and he sweeps her off her feet. Bernard doesn't trust Willem, who is hiding something from Herman and Felicity... Someone pays a visit to Paula at the Times, which put her on the edge of a nervous breakdown. Lynette's reputation is hanging by a thread, and the chemistry between Anna and Marko is off the chart. Will they give in to temptation?

7de Laan, weekdays on SABC 2 at 18h30.

ISIDINGO

BARKER'S conspiracy spins towards an explosive climax. Just a week after divorcing Rajesh, could Priya possibly have another man in her sights? Calvin and S'khu try to evade the consequences of having had a good time in the commune. Zukisa shocks Sizwe by doing the unthinkable. Charlie suspects Brad has started seeing someone else. S'khu gets a reminder of the negative side of celebrity. Barker chooses a new target but picks the wrong person. Priya struggles with making her way in the world flying solo. S'khu goes all-out to make right with his friend but it's not as easy as he thinks. Sizwe and the other protestors invade the celebration, despite the dangerous consequences. Brad asks Priya on a date, throwing her into a quandary. S'khu is determined to repair his friendship with Lerato, despite her playing hard to get.

Isidingo, weekdays on SABC 3 at 19h30.

SKEEM SAAM

NIMZA makes a horrifying discovery, which brings him to his knees. Lelo is shocked to see a copy of her new book in Sakhile's hands. Kwaito uncovers a blood-chilling secret, and decides to fight fire with fire. When Lelo gets desperate, she resorts to dangerous measures to stop the walls from closing in on her. Meanwhile, her publisher is accosted by two visitors with information that could wreak havoc in her life. She is stuck between a rock and a hard place when her publisher demands to know the truth. Tbose puts Kwaito under pressure to report Lelo to the police, and trouble follows Nimza home. Leeto's parents put him under unexpected and extreme pressure, and Tbose makes a phone call that will change a people's lives. Nimza hes Ma Kunutu to breaking point. Kwaito receives a very tempting offer of money, but with heavy strings attached. Leeto's reunion with Mokgadi doesn't go according to plan.

Skeem Saam, weekdays on SABC 1 at 18h30.

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My Stories

TELL US YOUR STORY.
E-mail eugeniab@caxton.co.za.
WE PRINT, WE PAY!

TOLD BY ANONYMOUS EDITED BY EUGENIA BOOI

'No Friends, No Problems'

THIS reader was stabbed in the back by her friends, and now she believes that it may be better to have no friends at all.

'I've been through so much in my life and I believe every obstacle I've encountered has made me a stronger person.

One of these obstacles was the time in high school when my friends went around the school spreading rumours about me, all the while telling me that it was other people. That almost broke me. Months later I lost my mother, and after that I went to pieces. My dad decided I should go for therapy, but that didn't seem to help me at all. I decided to do the healing all by myself.

'When do girls like her grow up and start acting like women?'

But while I feel stronger than ever, I recently learnt that yet another friend of mine is two-faced, and has been gossiping about me. She is older than I am but it seems she's no better than a schoolgirl. When do girls like her grow up and start acting like women? I feel I need to cut her out of my life, but doing that is going to prove very tricky, since we move in the same social group. I see now why my mother never had friends. Women and girls can be so complicated."

'God Knows Best'

THIS reader tells of the terrible pain of losing her son.

TOLD BY ANONYMOUS EDITED BY EUGENIA BOOI

'ON July 12, 2014, my son, who relied on an oxygen machine to breathe, asked if anybody would come to sleep over with him that night. I panicked and offered to come over myself but for some reason he changed his mind. I think a part of me must have known then that he was dying and that he was frightened to die alone. I believe nobody leaves this Earth without a warning from God – especially when that person has been sick for a while – and my son had been saying things like 'Nothing matters to me anymore'. I did not sleep that night.

I called him at 03h00 but he didn't answer. I tried again and again – still, he didn't pick up.

I was worried sick.

'I tried again and again – still, he didn't pick up.'

But eventually he did pick up. That was the last time I spoke to him.

July 13, 2014 is a day I'll never forget. That was the day my son died. It was a Sunday morning. When he called me that morning he asked if I was going to church as usual. I said that I was, and he asked that I come straight to him afterwards. I shivered and I was frightened, because deep down in my heart, I knew he did not have much longer to live. The signs were all there.

When I came out of church I saw a missed call from one of my sisters.

I phoned her and she asked me to go to her. I knew immediately that God had hurt me. 'You've hurt me, Father of mine,' I told him. 'As your daughter I feel I have a right to inform you, though you already know. Your ways are always best, but it *hurts*'. My son was gone."

HAVE YOU SEEN THEM?

THE largest number of missing children worldwide are runaways, then family abductions, being lost or injured, and non-family abductions.



MZOXOLO WILLIAM BLAYI
Disappeared: December 19, 2014
Age: 47
Mzoxolo left home in Midrand and has been missing ever since.



AZWINDINI PHILEMON MUDAU
Disappeared: December 15, 2014
Age: 51
Azwindini left home in Roodepoort and has been missing ever since.



JOHN ENOS MOKOENA
Disappeared: September 1, 2013
Age: 64
John left home Masoyi and has been missing ever since.



JOHANNES BOY MOKOENA
Disappeared: October 20, 2015
Age: 80
Johannes left home in Vosloorus and has been missing ever since.

HELPLINES

POWA: Telephone: (011) 642-4345/6
E-mail: info@powa.co.za
Web: www.powa.co.za
Rape Crisis (021) 447-1467
E-mail: info@rapecrisis.org.za
Web: www.rapecrisis.org.za
Lifeline (011) 715-2000 / 0800 012 322
Childline 082 233 2333 or 0800 055 555
SAPS Family Violence, Child Protection And Sexual Offences Unit (FCS) (011) 403-3413
Teddy Bear Clinic (011) 481-5161
Aids Helpline 0800 012 322, or (011) 880-0405
Web: www.aidsinfo.co.za
Anorexia and Bulimia Family Support Group (011) 640-1965
Web: www.edsupport.co.za
Cancercare Centre (011) 646-5628
SA Depression & Anxiety Support Group (SADAG) (011) 783-1474 or (011) 884-1797
Alcoholics Anonymous South Africa (011) 452-9907
SANCA (011) 482-1070
Gamblers Anonymous 0800 006 008

IF you think you've seen any of these people, or would like to report a missing person, contact the Bureau For Missing People on (012) 393-2005, or fax (012) 393-2012. Missing people can contact the bureau to let them know they're alive and well – even if they don't want to get in touch with family.

IN South Africa alone, almost 1 000 children are reported missing every year. The actual figure is probably much higher. Currently the police have an 82 percent success rate finding the children. Ideally they'd like to achieve a 100 percent success rate. But they need your help! Have you seen any of these people?

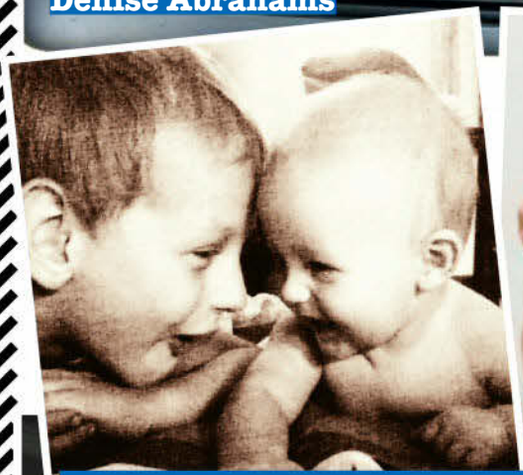
facebook.com/peoplemagsa

Dear people



My precious doggies!
Denise Abrahams

HI everybody! Send only one pic to Dearpeople@caxton.co.za with your name and a caption, and put the photo category in the subject line. If your pic doesn't appear on our Dear **people** page, go to the Dear **people** gallery on our website (www.**people**magazine.co.za) where you can upload your own photos!



My little angels! Keithan and Kian
Anezia van Tonder



Thank you so much for the One Direction tickets! My daughter had an absolute ball and wishes they weren't leaving the country.
Mandy Diedericks



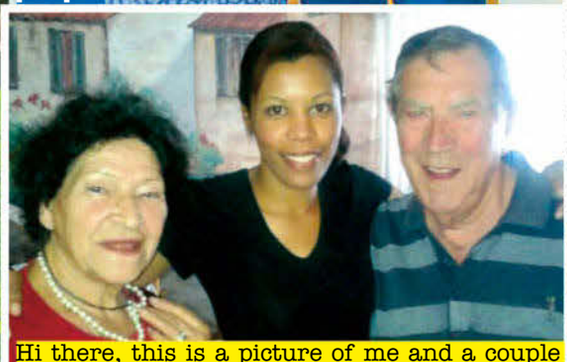
Congratulations to Mr and Mrs Magongoa, who recently tied the knot. Enjoy the ride, you two!
people



Congratulations to our One Direction concert ticket winner, Lara (and her mom, Melinda)! Live while you're young, girl!
people

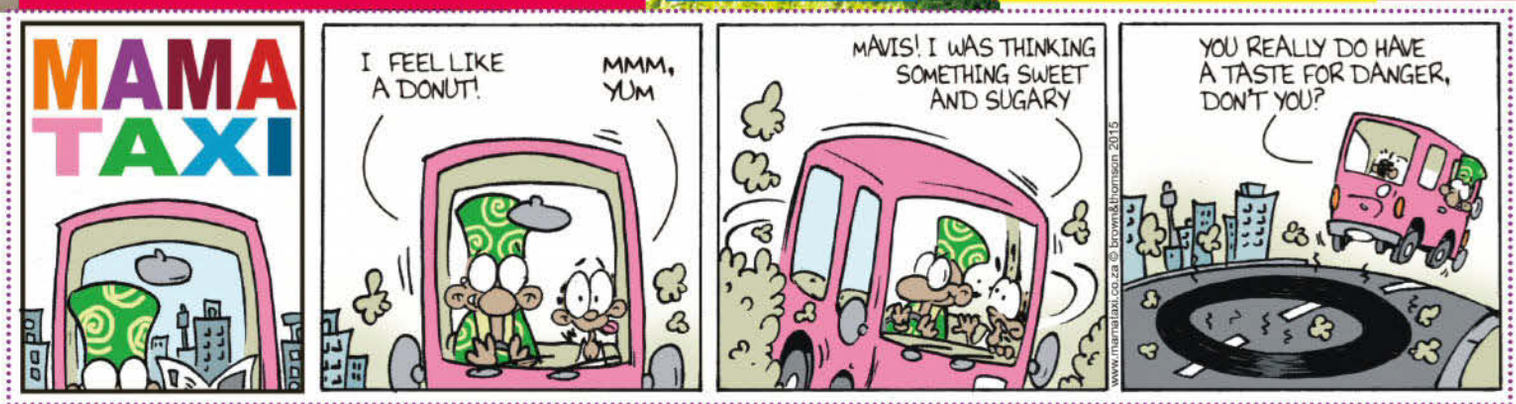


My three Rascals: Suzi, Lilly, Martin
Thando Ndlovu



Hi there, this is a picture of me and a couple that have been married for 63 years, I couldn't believe it when they told me. This is so rare and beautiful...**Mariam**

See more pictures, or upload your own on www.peoplemagazine.co.za .





African themed table decor



Amarula pyramid table



Friendly Marimba Band



Nicole Hendricks, Busi Ndlovu and Lucy Njangeni



Johnny Apple



Tracy Schloesser and Caroline Ewing



Robin Dukoff-Gordon, Hazel Sakala, Annette Jonathan and Chanda



Designers from Sungodess: Thando and Vanya Mangaliso and Innus Prinsloo

Amazingly AFRICAN

CAXTON EXCELLENCE AWARDS 2014

THE 26th Annual Caxton Excellence Awards ceremony was held on March 19, 2015, at the Johannesburg Theatre in Braamfontein. The Amazingly African Theme saw Caxton staff smartly dressed for the prestigious occasion. Journalist, sales consultants, managers and newspaper staff were recognised throughout the evening for their excellence and commitment to the newspaper and online industry.





Paul Jenkins and Piet Greyling



Rene Koen and Nic Esthatiou



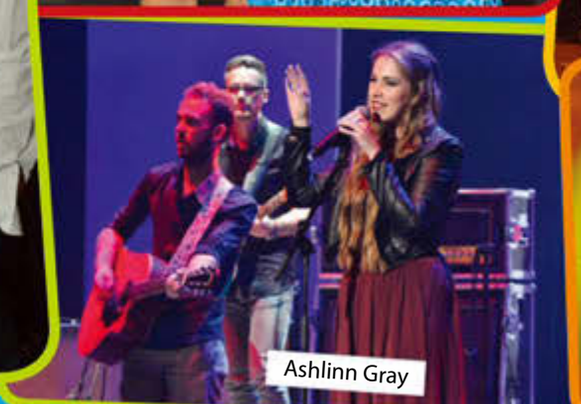
Gangs of Ballet with Dejane Poil, Garland Poil and Kym Argo



Eureka Zandberg and Rorisang Kgosana



Dejane Poil and Bruce Sturgeon



Ashlinn Gray



Carol Tshabalala



Soweto Gospel Choir

Reality Bites

NEWS and views from the world of reality television.

BY EL BROIDE

Mike Shouhed And Jessica Parido Marry!



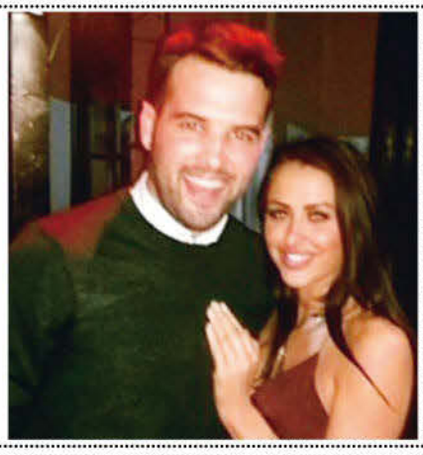
IF you're as big of a fan of Lifetime's *Shahs Of Sunset* as we are, you will be happy to know that **Mike Shouhed** and **Jessica Parido** are officially married! After three years of dating and a lavish proposal, the two tied the knot in a magnificent ceremony. Naturally, their friends, family and fellow *Shahs* stars were on hand to witness the union, which took place at the Biltmore Hotel in Los Angeles. The two tied the knot after getting engaged during a sky-diving proposal that's set to air later this season of *Shahs Of Sunset*. Luckily, the wedding ceremony itself was traditional and was free of any death-defying stunts. We wish the two a lifetime of health and happiness and look forward to seeing them explore their marriage on *Shahs Of Sunset*.

Teen Mom 2's Adam Lind Gets Vasectomy



NOT a week goes by without someone from the *Teen Mom* series doing something drastic and this time it's **Adam**, who revealed that he underwent a vasectomy to ensure that he doesn't have any more kids with girlfriend **Chelsea Houska**. "**Chelsea** wanted to laugh when she heard about **Adam**'s vasectomy. She didn't believe it at first, but once she realised he had actually done it, she thought it was probably one of the wisest decisions **Adam** has ever made!" a source close to **Chelsea** says. **Adam** and **Chelsea** did hit a rough patch a few months ago, and we're glad he's making good decisions, especially when it comes to being a good dad to his little girl, Aubree. "**Chelsea** feels a sense of relief knowing that Aubree, won't ever have the opportunity to get to know another half-sibling," the source continues. "She gets that Aubree and Paislee will always have a relationship because they're sisters, but **Chelsea** finds it such a headache dealing with **Adam**'s other baby mama, Taylor. She's happy she can't be put in that predicament ever again."

Geordie Shore's Marnie Getting Married?



THE 10th season of *Geordie Shore* hits our screens in a few short weeks and we love seeing the cast finally getting into relationships. Serious relationships. The show's former wild-child, Marnie Simpson, has reportedly been so tamed by her new boyfriend **Ricky Rayment** that the two are already speaking about marriage! **Ricky**, a reality star on *The Only Way Is Essex*, said, "Obviously it's really early for that and we're too young right now, but we've spoken about it... And our little boy is going to be called Elijah." **Ricky** also revealed that he has always felt something special with **Marnie** and that it's different with her. "I've already said she's The One," he added. "We're like the same person but she's a girl. From the minute we wake up until we go to bed, we're always laughing. Aaaawww....

NeNe Leakes To Star In New Reality Show



OUR week has officially been made! We can't get enough of **NeNe Leakes** on *The Real Housewives Of Altanta* and now, alongside co-star **Kim Zolciak Biermann**, that little powder keg will be starring in a brand new reality show! The show, titled *NeNe And Kim: The Road To Riches*, will follow the duo as they find themselves travelling the roads of America. "Atlanta's 'most driven' housewives – **NeNe Leakes** and **Kim Zolciak Biermann** – drive out of their comfort zones and across the country to discover America on a one-of-a-kind adventure," read the press release from Bravo. "The road to LA may be paved with good intentions, but that doesn't mean they won't occasionally drive each other crazy." The two, who have had some crazy fights on *The Real Housewives Of Atlanta*, will be travelling from the city to Los Angeles and making some very interesting stops along the way. We can't wait for this!

On The Box This Week

Dineo's Diary, Fridays at 19h00 on Vuzu Amp



JOIN South Africa's **Dineo Ranaka** as she invites the country into an inside look at her crazy life. From business meetings to celebrity events, **Dineo** does it all in the hopes of becoming a media mogul in South Africa.



16 And Pregnant, Fridays at 21h15 on MTV

WE follow the challenges that pregnant teens face as they come to terms with their new babies in a social environment that has split views. Naturally, this means a lot of drama for these moms-to-be.

Real Husbands Of Hollywood, Tuesdays at 19h00 on BET 2



THIS week we join the boys as **JB** finds out he has landed a new hidden camera prank show while **Kevin** has to deal with some unexpected news given to him by a friend with benefits.

MEN SEEKING WOMEN

Professional Single-Gauteng 35-44yrs Professional,educated,outgoing man, like to socialise and go out for dinner & braai's. Looking for a smart, attractive, professional lady for companionship, friendship and a special relationship.ID: 1301

Live an Active Life-Gauteng, 45-60 yrs,Very active, run, cycle, hike and attend gym often.Non-drinker, care about my appearance. I'm not a pretender, looking for a special lady 45-60yrs slender to medium build, honest and trust worthy.ID: 1920

Clean Living Man-Gauteng 50yrs Professional man, honest, sincere,outgoing and friendly.Non-drinker or smoker.Like to eat out and go to movies.Seeking a caring, loving lady 45-60 yrs to share friendship, companionship and maybe more.ID: 2550

Looking for Love-Mpumalanga, African man 31 yrs, Honest, hard-working, caring man looking for love. Seeking a curvy, light complexion African lady. Can have children, she should be Christian, loving and employed. Lets get together.ID: 2371

Lets get to know each other-Gauteng, 25-34 yrs, African man, motor technician, I enjoy socialising, the outdoors, a good bottle of wine and the company of good friends. Looking for a lady 25-34 who is kind and enjoys the same interests as me.ID: 2037

Lets Walk Together-Gauteng-35-44yrs. Afrikaans speaking, kind, sincere man. Enjoy going out to eat and movies and spending quiet nights in.Looking for a special person to be my friend and soul mate to walk the road of life together.ID: 1137

Philosopher and More-Gauteng 35-44 yrs, single, enjoy reading, cooking as well as philosophy and gardening.Seeking a soul mate to share all my interests. If you have a zest for life, maybe we should get together. ID: 1015

Good looks and Brains-Gauteng 25-34yrs. White male, well built, good looking, Professional Engineer. Like to be sociable, go to clubs and eat out. Seeking a good looking, intelligent lady 18-24 yrs, who is outgoing and fun to be around.ID: 2014

Lots of fun and Energy-Gauteng 61 yrs. Very active Indian man, separated, Enjoy sports. I am self-employed and financially Independent, I would love to meet a professional, Independent lady 45-60 yrs for companionship and long term love.ID: 2052

Active and fit for Life-Gauteng, under 60yrs, White man, 1.95m, 88kgs, slim build, outgoing personality, enjoy movies, reading, dining out and the outdoors. Looking for a lady 45-60 who takes care of herself, for friendship or maybe more.ID: 1961

Great Nights Out-Gauteng 35-44 yrs Stable and financially independent , enjoy eating out and going to movies. Outgoing and fun to be around, looking for a special someone to share social outings, going to parties and fun times together. ID: 1096

Long Term Love-Limpopo 25 -34 yrs,Christian, Afrikaans speaking, Teacher,Enthusiastic about life-lives life to the full. Looking for a Christian, Afrikaans speaking lady 25-34 yrs, with similar outlook on life to share happiness.ID: 1572

Prince Charming-Gauteng, 45-60 yrs Employed, financially independent loves entertaining, gardening and going out with friends. Sincere and loving man. Seeking a special partner to love. ID: 1005

WOMEN SEEKING MEN

Lets get to know each Other-Gauteng, Indian lady 35-44 yrs. Looking for a white/Indian man who is decent, hard-working, loving, honest and fun loving for an exclusive, long term relationship. If this sounds like you why not leave me a message.ID: 1943

Culture and Love-Gauteng 25-34yrs, Vibrant, fun and enthusiastic about life.Romantic at heart, I'm talented,enjoy singing, poetry, would love to travel, very sociable, a real people person.Looking for a man 25-34 yrs to share life.ID: 1513

Lets see what Happens-Mpumalanga, 18-24 yrs African lady, Christian, down to earth, enjoys shopping, socialising and spending time with family and friends. Looking for a white man 25-35 yrs who is Christian and has similar interests to mine.ID: 1581

Independent Christian Lady-Gauteng 35-44yrs. African Lady. Christian. Light complexion, long hair, no children. Like to spend time enjoying the nice things in life and meeting new people. Looking for a special man 35-44 to settle down with. ID: 1997

Lets talk about Us-Gauteng, 35-44, African lady, Independent and outgoing.Like to spend quality time with family and friends. Looking for an honest, sincere and caring man 34-40 yrs for friendship, romance and Love. Leave a message.ID: 1650

Big is Beautiful.-Gauteng 45-60 yrs looking for a tall man to take care of me. Looking for friendship and maybe more. ID: 1073

Lets see what Happens-KZN 45-60 yrs,Widow.Iâm down to earth, fun and happy,enjoy cooking, long drives,watching movies, and spending quality time with special people. Seeking a special man of similar age to share some fun and happy times.ID: 1340

Lets be Friends-Gauteng 45-60 yrs, African lady, kind, honest, loyal person.Outgoing, independent and fun to be with.Like to eat out and spend time with family and friends.Seeking a like minded, honest man 45-60 yrs for friendship.ID: 3187

Treat me like a Lady-Gauteng 45-60 yrs, Afrikaans speaking lady,enjoy reading, gardening and going to social events. Take pride in my appearance.Looking for a loyal and honest man 45-60yrs to share in social gatherings and companionshipID: 1906

Lets have some fun together-Mpumalanga, 31 yrs. African lady, tall, full figured, Outgoing and independent. Enjoy the outdoors, music and reading. Seeking a man, race not an issue, who is independent, working for companionship and friendship.ID: 3118

Maybe Love can Grow-Gauteng 48 yrs, White lady.Outgoing,friendly and educated. Like to read and spend time with nice people. Looking for a special man for company, should be intelligent, open minded not anything serious to begin with. ID: 2532

Quality Time Together-Gauteng 44yrs. White female,red hair and green eyes. Honest, reliable and a Christian. Enjoy the outdoors and dining out. Seeking a Christian man 35-44 who is honest and reliable.Looking for a serious relationship.ID: 3224

Professional Single Lady-Gauteng, 45-60 yrs,Iâm a professional woman, employed and independent. Like to spend time dining out, travelling and meeting new people. Seeking a professional man 50-60 yrs with similar interests for compansionshipID: 1329

The Quiet Life Together-Gauteng 45-60yrs, African lady,Widow.Enjoy being outdoors and nature.Love to travel to new places and also love children. Looking for an honest man 45-60 yrs who is single and independent. Quiet, but fun to be with.ID: 2464

Warm hearted Man-North West, 45-60yrs. Fun,outgoing and Independent.Love to go out to dinner and movies and spend time with family.Looking for a well mannered, professional, fun loving man who has a good heart and likes to have fun.ID: 1392

Lots of Life to be Lived-Gauteng 45-60 yrs, Iâm a black beauty, fun, outgoing and great company. If you like to laugh, enjoy life and have fun, I'm the one for you. Looking for a man 60+ to share some laughs and happy times together. ID: 1271

Lets see new Places-Gauteng 45 yrs, Happy, sincere lady, enjoy going out and being social and spending weekends visiting new places. Looking for a confident, happy, outgoing partner to share weekendâs away and enjoying life together.ID: 1164

MEN SEEKING MEN

Love me for who I am.-Gauteng 25-34yrs, Portuguese gay man, I am fun loving and outgoing, Love life and like to enjoy it. I have a few tattoos.Other than that I'm rather awesome. Would love to meet a fun loving, out going guy 25-34 yrs. ID: 1675

Trust and Companionship-Gauteng 35-44 yrs.I am a tall, good looking guy,1.8m, slender, down to earth.Great personality and fun to be around.Like to go out and fun.Am looking to meet a special man 25-34yrs for a relationship based on trust.ID: 1703

"I met the love of my life with the help of Meet Your Match! It was so easy, and fun!" - Jill, Gauteng

Meet your match

If you are not registered on the meetyoumatch service, you will need to do so before you can leave a message.
After you have registered, listen to the menu options and press 3 to leave a message for individual users.
Keep a note of the User ID of the person you would like to respond to and enter this ID when requested to do so.

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Calls to the *meetyourmatch* service are charged at R10 per min. Calls into the service are not possible from Cell C,8ta or landlines.

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MAMA FINA

THIS ONE DAY SPECIAL PRAYER FIXED MY MARRIAGE & FINANCIAL PROBLEMS



6 Years ago my life was a mess. My husband had left me and my children were always sick. Luckily O saw a Tesimony on the local TV station about prayers offered by Mama Fina. When they prayed for a divorced lady who united with her ex husband after nine years of divorce and he was also saved from drugs. I paid R200 for consultation with Mama Fina. They used the mirror and showed me the faces of the people who were trying to pull me down. I was given special ring to fix my love/financial problems. Within 3 days my husband returned, now I am happily married. I was promoted at work. I recommend them to anyone who has marriage, financial problems & unfinished jobs. Do you want to give birth and feeling helpless, heartbroken & financially miserable?

DONT LOOSE HOPE!

Contact her on 078 349 2385

Northcliff/Cresta mall/Beyers Naude

(strictly by appointment)

PROSPERITY FOR ALL WITH THE STRONGEST & POWERFUL HEALER MAMA JAMILAH

Your life is like a flower, Love it



* Bring back lost lover * Have kids or twins * Magic ring * Libido loss * Mens health problems * Fix marriages * Cleansing homes * Breast & hips enlargement * Diabetes & High blood

GOOD HEALTH HERBAL HEALING

Call for appointment

073 045 9665

Free Delivery

KING MALEMBE THE DOCTOR

King Malembe is challenging everyone who has been trying to get help but without success and who is looking for help with the following problems:

* Your boy/girlfriend, wife/husband has left or divorced you for someone else and you want him/ her to come back * Your loved one is having an affair and you want him/her to be yours only * The man/woman of your dreams keeps escaping you * Male erect disfunction * Unwanted pregnancy * Exams and interviews * You have been fired and need your boss to ask you to come back, regardless of what had happened * You need luck in money matters or for very serious court cases * Bedwetting problems * Broken families can be re-united) * Bail * Drinking problems

Call the doctor now for help:

078 032 1824

DR MAMA HAULA



All my services are beyond human imagination and with 100% guarantee. In my 20 years of operation I have gained tremendous experience, though its never easy to believe but the Power of Spirits is a true manifestation. I offer permanent and lasting solutions to general and life complicated issues be it relationships and marital problems, misfortune and bad omens removed, home & business protection, boost business, work & personal problems.

I have testimonies to share to all afflicted and challenged by life issues.

I first heard about her 5 yrs ago on Radio & TV, I also read about her in newspapers being appreciated by alot of people, because of her wonderful work she does for them but I did not mind. My name is Allen Noel, and I have a beautiful woman and son. It all started changing from my home to my business. My wife was fighting with me almost everytime I got home, my business was down, friends left me and eventually my wife ran away from me. I was really down to an extent of taking my life away. But when I saw the article in the paper again, I decided to call 7 enquire forn help from her. I booked for an appointment. she mentioned everything that was happening in my life before I could say anything to her. Mama Haula prayed for me and gave me oil to rub my body & water to sprinkle all over my house. I could believe it when everything started to work in a few days time when my wife called me pleading and apologising. My business started working out again and things are much better than all my years I have been operating as profits have tripled. My wife and I have a handsome baby boy and we are happy as a family again. Thank you Mama Haula for the great work and job well done.

My in-laws had seperated me from my husband and as a result he started cheating on me and was very abusive, the kids were always sick and worse we had no money in the house. My kids had bad omens and nothing was working out from them and myself. I tried getting help from alot of people & moulana`s but nothing worked or came right. I saw testimonies on TV & heard of her on the Radio about Mama Haula. I contacted and met her, she covered me with a white cloth and sprinkled water whilst she layed her hands on my head and made special prayers for me. She cleansed me of bad omens and misfortune and also gave me a powerful magic ring crystals and has bonded me with my lovely husband. To be honest my family and I are living happily and my kids are attending the best expensive schools, finally we can even afford to go 3 times on holiday overseas as money is now not an issue to us. Don`t let Life problems deprive you of happiness feeling lonely, left out, helpless, heartbroken and financially down. I appreciate what Mama Haula has done for me. Dankie!

In Sandton +27 79 853 5226/mamahaula@gmail.com

Spiritual Corner



MAMA SALMA ASTROLOGER CENTRE
(WORLD FAMOUS HERBALIST)

Her specialities include:
male & female health problems, relationship, marriage, she also deals with court cases, children, property, business, love, family and drinking problems and she also gives long time protection.

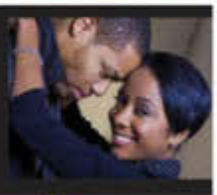
Testimonial: "MAMA SALMA performed a special prayer and I was able to get a promotion at work and all my financial problems were solved. She also removed all the bad luck, evil spirit and bad omens, so that the doors which were closed opened! She also managed work my marital problems and I am a mother of three and now happily married".

All my services are beyond human imagination!

Meetings are held private and confidential.
For an appointment call 072 588 7789



PAPA CHANGED OUR LIVES



Only Papa gave us the answer, after being disappointed by a lot of healers.

He saved my marriage and life. I confessed Papa changed my life. Papa Y.J Kasi is the strongest. After 16 yrs my wife had left me to go to England with another man. She is now back for the last 3 years and settled with with me and our 3 children (Mr Ibrahim, Stanger 42yrs). Thanks Papa. Hr gve me an ancient copper coin. I won 12 million at Sun Coast Casino & brought my aunt Mrs Shaun (62 yrs) & made her win the lotto 5.4 million. All debts, loans and other credits cleared. Thanks Papa Y.J Kasi. I worked for 41 years and was paid for pension funds almost 1 million by government, hence I dont know what magic he used. After seeing me, in 30 minutes the bank called me and asked why I dont invest the 10 million. No query, no questions. Papa is the only man. He charged me only R97. Papa made us very happy. Please try Papa to change your life.|I was promoted at work & my wife doesnt complain or starve anymore. I dont have a mans health problem after Papa removed the witchcraft my Ex wife put on me
(Mr Geofrey 56 yrs from Tongaat) Thanks Papa

HE SHOWED ME MY PROBLEMS IN THE MIRROR.
HE MADE ME WIN 12 MILLION AT SUNCOAST CASINO

App only: 031 829 1667
073 859 9873
Find him opp ICC opposite
Hilton Hotel next to workshop on
Pinestreet Durban central at Beach Front

DR K. AZIZ

Dr K. Aziza a powerful healer from Mubasa Kanya that will guide you in all spiritual expect of life.
He specialising in solving and putting an end to all kind of spiritual problems.
Financial difficulties, mens health problems, court cases, relationship problems, tenders, Quick selling buying of property

Dr K. Aziz is in Fourways

+27 72 041 7474 **drkaziz7@gmail.com**

Louis from Roodeport



I was a happy married man for 21 yrs, before I lost my performance due to diabetes and high blood pressure which caused a lot of wrangles that almost led my wife to divorce me. I tried many different doctors until I found Dr K. Aziz who helped me with three days guarantee to regain my performance which was exactly true. my wife and I are now living in a very happy marriage again.

Thanks to Dr K. Aziz

Elizabeth from Randpark Ridge



I was a relationship with my man but after sometimes my man changed totally, he abandoned me with my three children for four years which was a very painful experience. if I did not find Dr K. Aziz who covered me with a white cloth and removed all the bad that the other woman had sent me, my life would have been empty without a man forever.

Thanks to Dr K. Aziz

Sipho from Houghton



I lost my job, after the bank took my car, my house and my wife ran away. I spent up and down to different doctors but none helped me. I had given up, but then I was referred to Dr K Aziz who helped me get my job back and I was immediately offered a promotion.Then after,I manage to open my own company and have secure six tenders with the power of Dr K Aziz

Thanks to Dr K. Aziz

Spiritual Corner

WE ARE HERE FOR YOU!!!

No matter what problem you are facing, the most important thing is to not try and face it alone. There are hidden powers all around us, some negative others positive. Let Mr & Mrs Naidoo assist / guide you to find the path of eternal bliss and prosperity. Are you feeling totally helpless and broken apart, have you lost a lover, are you in financial trouble or simply feeling stressed / depressed and don`t know what to do? Have you tried everything but nothing seems to work?

Don`t lose hope!!!



Call Mr & Mrs Naidoo now 071 482 1879

For appointments & address.

MR & MRS NAIDOO OFFERS THE FOLLOWING:

DO YOU HAVE LOVE PROBLEMS?
Do you need help finding that special ONE? Have you lost a lover you want him/her back? Prayers and love charms are powerful and have permanent effects.

MARRIAGE PROBLEMS
Cast to convince your partner to ask... **YOU THE BIG QUESTION?**

MONEY PROBLEMS
Are you facing serious money problems and you don't know where else to turn? Or is it success you are seeking in your business? Let us help you with our range of money charms.

DO YOU NEED PROTECTION?
Are you feeling threatened and people are trying to harm you/business/family. Are you moving from one disaster to another in your life... **let Mr & Mrs Naidoo help you!**

POWER
DO you sometimes feel that you are not getting the respect from others that you deserve? Allow us to help you so people will treat you with respect.







Book this space for only

R 4 118.00

(incl. VAT)

Contact Charmaine

011 449 1064

cp@caxton.co.za

SCHEDULES M-Net

April 16 – 22

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show	06:00 Walking With Dinosaurs	07:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show	06:00 The Ellen DeGeneres Show
07:00 The Middle	07:00 Modern Family	08:00 MasterChef Australia	10:55 Guardians Of The Galaxy	07:00 Modern Family	07:00 The Millers	07:00 Mom
07:30 TBA	07:30 Olive Kitteridge	13:00 Arrow	13:00 Celebrity MasterChef SA	07:30 Blue Bloods	07:30 Mind Games	07:30 Caught On Camera
08:30 The Lottery	08:30 Perception	14:00 Mysteries Of Laura	14:00 Marvel's Agent Carter	08:30 The Fixer	08:30 Celebrity MasterChef SA	08:30 The Last Ship
09:30 Jobs	09:30 ParaNorman	15:00 Blue Bloods	15:00 Grey's Anatomy	09:30 Celebrity MasterChef SA	09:30 Darling Companion	09:30 The Identical
11:30 Mom	11:30 Two And A Half Men	16:00 Celebrity MasterChef SA	16:00 Chicago Fire	11:30 2 Broke Girls	11:30 The Middle	11:30 About A Boy
12:00 The Ellen DeGeneres Show	12:00 The Ellen DeGeneres Show	17:00 The Blacklist	17:00 The Fixer	12:00 The Ellen DeGeneres Show	12:00 The Ellen DeGeneres Show	12:00 The Ellen DeGeneres Show
13:00 Restaurant Start-Up	13:00 MasterChef Australia	18:00 Mom	18:00 Celebrity MasterChef SA	13:00 MasterChef Australia	13:00 TBA	13:00 Restaurant Start-Up
14:00 Carte Blanche	14:00 N.C.I.S.	18:30 2 Broke Girls	19:00 Carte Blanche	14:00 Nashville	14:00 Elementary	14:00 Perception
15:00 Suits	15:00 Blue Bloods	19:00 The Middle	20:05 That Awkward Moment	15:00 Mind Games	15:00 Caught On Camera	15:00 Elementary
16:00 Modern Family	16:00 The Fixer	19:30 About A Boy	21:35 Vice	16:00 Marvel's Agent Carter	16:00 The Last Ship	16:00 The Lottery
16:30 Two And A Half Men	17:00 The Ellen DeGeneres Show	20:00 Nashville	22:15 Last Week Tonight With John Oliver	17:00 The Ellen DeGeneres Show	17:00 The Ellen DeGeneres Show	17:00 The Ellen DeGeneres Show
17:00 The Ellen DeGeneres Show	18:00 2 Broke Girls	21:00 Gotham	23:05 Entertainment Now	18:00 Mom	18:00 2 Broke Girls	18:00 The Middle
18:00 About A Boy	18:30 MasterChef Australia	22:00 Marvel's Agent Carter	22:00 CSI	18:30 TBA	18:30 Restaurant Start-Up	18:30 TBA
18:30 MasterChef Australia	19:30 Marvel's Agents Of S.H.I.E.L.D.	23:00 Guardians Of The Galaxy	23:40 The Purge	19:30 The Last Ship	19:30 The Lottery	19:30 Modern Family
19:30 The Fixer	20:30 Arrow	01:15 The Best Man Holiday	01:10 Straight As	20:30 Mysteries Of Laura	20:30 Gotham	20:00 The Millers
20:30 Blue Bloods	21:30 Carrie	03:30 Blue Jasmine	02:45 Vampire Academy	21:30 Elementary	21:30 Perception	20:30 Suits
21:30 N.C.I.S.	23:15 Road To Paloma	05:15 Stranded In Paradise	04:30 American Girl: Saige Paints The Sky	22:30 Carte Blanche	22:30 Elementary	21:30 CSI
22:30 CSI	01:00 Grudge Match			23:30 , Frankenstein	23:30 CSI	22:30 Perception
23:30 Entertainment Now	03:00 Dallas Buyers Club			01:15 ParaNorman	00:30 Last Week Tonight With John Oliver	23:30 Gotham
00:00 Vice	05:00 MasterChef Australia			03:00 The Other Woman	01:05 The Legend Of Hercules	00:30 Vice
00:30 The Fifth Estate				05:00 MasterChef Australia	02:45 X-Men: Days Of Future Past	01:00 The Best Man Holiday
03:00 Ride Along					05:00 MasterChef Australia	03:00 The Fault In Our Stars
05:00 MasterChef Australia						05:00 MasterChef Australia

Top Pick This Week



Fun Fact

The Fifth Estate

THE film's title sequence, which depicts the history of news communication, took over a year to create.



Fun Fact

ParaNorman

THE film company Laika used 3D printers to generate the different faces needed for the characters.

SCHEDULES SABC 1

April 16 – 22

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
06:00 Kids News & Current Affairs	05:02 Geleza Nathi	06:00 Imani – Devine Spark	05:00 Geleza Nathi	05:00 Aum	05:00 Izwi La Bantu	05:00 Listen For A Moment
06:30 YO.TV	06:00 Kids News & Current Affairs	06:10 An Nur – The Light	06:00 Siyakholwa	05:02 Geleza Nathi	05:02 Geleza Nathi	05:02 Geleza Nathi
07:30 Takalani Sesame	06:30 Sports Buzz	06:30 Siyakholwa	06:30 Bonisanani	06:00 Kids News & Current Affairs	06:00 Kids News & Current Affairs	06:00 Kids News & Current Affairs
08:00 The Bold And The Beautiful	07:00 YO.TV	07:00 Fantastic Four	07:00 Fantastic Four	06:30 YO.TV Paws And Claws	06:30 YO.TV Zenzele	06:30 YO.TV
08:30 Isidingo	07:15 YO.TV Litha Lethu	07:30 YO.TV Mmino Mania	07:30 YO.TV Ntunjambili	07:00 YO.TV	07:00 YO.TV	07:30 Takalani Sesame
09:00 Generations: The Legacy R	07:30 Takalani Sesame	08:00 YO.TV What's In The Fridge	08:00 YO.TV Furry Tales	07:30 Takalani Sesame	07:15 YO.TV Litha Lethu	08:00 The Bold And The Beautiful
09:30 Muvhango	08:00 The Bold And The Beautiful	08:15 YO.TV Yo Hambo	08:15 YO.TV Zenzele	08:00 The Bold And The Beautiful	07:30 Takalani Sesame	08:30 Isidingo
10:00 Skeem Saam R	08:30 Isidingo	08:30 PaddlePop	08:30 Zorro: Generation Z	08:30 Isidingo	08:00 The Bold And The Beautiful	09:00 Generations: The Legacy R
10:30 Emzini Wezinsizwa	09:00 Generations: The Legacy R	09:00 Local Current Affairs	09:00 Mzansi Insider	09:00 Generations: The Legacy R	08:30 Isidingo	09:30 Muvhango
11:00 The Chatroom	09:30 Muvhango	10:00 Generations: The Legacy (Omnibus)	10:00 Gospel Gold	09:30 Muvhango	09:00 Generations: The Legacy R	10:00 Skeem Saam R
11:30 The Link	10:00 Skeem Saam R	12:30 Imizwilili	11:00 Identity	10:00 Skeem Saam R	09:30 Muvhango	10:30 Emzini Wezinsizwa
12:00 Identity	10:30 Emzini Wezinsizwa	13:30 Sport Magazine	11:30 The Chatroom	10:30 Emzini Wezinsizwa	10:00 Skeem Saam R	11:00 Box Office
12:30 Big Up	11:00 Cutting Edge	14:00 Soccer 411	12:00 Big Up	11:00 Shift	10:30 Emzini Wezinsizwa	11:30 Selimathunzi
13:00 Lunchtime News	11:30 100% Youth	15:00 Soccer Build-Up	12:30 Roots	12:00 Yilungelo Lakho	11:00 Shift	12:00 Khumbul'ekhaya
13:30 Fan Base	12:00 Friends Like These	15:30 Laduma Live Soccer	13:00 Live Amp	13:00 Lunchtime News	12:00 Soccer Zone	13:00 Lunchtime News
14:00 Zaziwa	13:00 Lunchtime News	17:30 Roots	14:00 Real Goboza	13:30 Making Moves	13:00 Lunchtime News	13:30 My World
14:30 Teenage Mutant Ninja Turtles	13:30 Yilungelo Lakho	18:00 Friends Like These	14:30 Soccer Build-Up	14:30 Matt Hatter Chronicles	13:30 Ispani	14:30 Zheng He's Voyage
15:00 YO.TV	14:30 ANT Farm	19:00 News	15:00 Laduma	15:00 YO.TV	14:30 Iron Man	15:00 YO.TV
16:00 Bona Retsang	15:00 YOTV	19:30 Real Goboza	17:30 Kulcha Kwest	16:00 Teenagers On A Mission	15:00 YO.TV	16:00 Bona Retsang
16:30 The Steve Harvey Show	16:00 Bona Retsang	20:00 Soccer Build-Up	18:00 Come Again	16:30 The Steve Harvey Show	16:00 Teenagers On A Mission	16:30 The Steve Harvey Show
17:28 Journeys Of Inspiration	16:30 The Steve Harvey Show	20:15 Soccer	19:00 News	17:28 Aum	16:30 The Steve Harvey Show	17:28 Listen For A Moment
17:30 News (Siswati/ Ndebele)	17:28 Reflections Of Faith	22:15 Skyroom Live	19:30 Sunday Live	17:30 News	17:28 Izwi La Bantu	17:30 News
18:00 100% Youth	17:30 Vaya Mzansi	23:15 TBA	20:00 Joyous Celebration	18:00 Holiday Swop	17:30 News	18:00 Moka Pelo
18:30 Skeem Saam	18:00 Fan Base		22:00 Best Years	18:30 Skeem Saam	18:00 Nyan Nyan	18:30 Skeem Saam
19:00 News	18:30 Skeem Saam		23:00 Koze Kuse	19:30 Thandeka's Diary	18:30 Skeem Saam	19:00 News
19:30 Zaziwa	19:00 News			20:00 Generations: The Legacy	19:00 News	19:30 Ithuba
20:00 Generations: The Legacy	19:30 Jika Majika			20:30 Uzalo	19:30 Selimathunzi	20:00 Generations: The Legacy
20:30 TBA	20:00 Generations: The Legacy			21:00 Soccer Zone	20:00 Generations: The Legacy	20:30 Uzalo
21:30 Cutting Edge	20:30 Tempy Pushas			22:00 Skyroom Live	20:30 Uzalo	21:00 Khumbul'ekhaya
22:00 Home Affairs	21:00 Live Amp			23:00 Koze Kuse	21:00 Come Again	22:00 Sports @10
	22:00 Deep Impact				22:00 City Ses'la	
					22:00 Montana	
					23:00 Koze Kuse	

Top Pick This Week



THURSDAY

05:30 Growing Tomorrow
05:57 Motheo
06:00 Morning Live
08:00 Infomercials
09:00 Inside The Baobab Tree
09:30 Tree Fu Tom
10:00 Takalani Sesame
10:30 Rivoningo
11:00 Rands With Sense
11:30 Umnotfo Wami
12:00 The Talk
13:00 Days Of Our Lives
14:00 7de Laan R
14:30 Mali
15:00 Skeem Saam
15:30 Muvhango R
16:00 Hectic Nine-9
17:00 Siyaya
17:30 News (Venda/ Tsonga)
18:00 Leihlo La Sechaba
18:30 7de Laan
19:00 Ba Kae
19:30 Nguni News
20:00 My Wife And Kids
20:30 Nhlanhla Ya Rixaka
21:00 Muvhango
21:30 Speak Out
22:00 Snapped
23:00 Motive
00:00 Deutsche Welle
01:00 SABC News International


Muvhango

FRIDAY

05:57 Motheo
06:00 Morning Live
08:00 Infomercials
09:00 Inside The Baobab Tree
09:30 Tree Fu Tom
10:00 Takalani Sesame
10:30 Rivoningo
11:00 Each One Teach One
11:30 Ngula Ya Vutivi
12:00 The Talk
13:00 Days Of Our Lives
14:00 7de Laan R
14:30 Mali
15:00 Skeem Saam
15:30 Muvhango R
16:00 Hectic Nine-9
17:00 Snake Park
17:30 News (Venda/ Tsonga)
18:00 Nhlalala Ya Rixaka
18:30 7de Laan
19:00 Nuus
19:30 News
20:00 Noot Vir Noot
21:00 Muvhango
21:30 Powerball
21:34 Mopheme
22:00 Mokgonyana Mmatswale
22:30 Smallville
23:30 The X Factor
00:30 The Talk
01:30 SABC News International

Fun Fact
My Wife And Kids
TISHA CAMPBELL is only 13 years older than her on-screen son **George Gore II**.

SATURDAY

05:30 Living Land
05:57 Op Pad
06:00 Thabang Thabong
06:30 Inside The Baobab Tree
07:00 Morning Live
08:30 House Call
09:30 Rough It Out
10:00 Words And Numbers
10:30 My Night
11:00 Naruto
13:00 Takeshi's Castle
13:30 Muvhango (Omnibus)
15:30 Extremely Loud And Incredibly Close
18:00 The Cube
19:00 Nuus
19:30 News
20:00 Ke Ba Bolleletse
20:30 Senna
22:00 Afro Cafe
23:00 Deutsche Welle

SUNDAY

06:00 Thabang Thabong
06:30 Hosanna
07:00 Morning Live
08:30 Simcha
09:00 Issues Of Faith
10:00 Music And The Spoken Word
10:30 Psalted
11:00 Women In Sport
11:30 Thukuta
12:00 Sportsview
12:30 Saath Phere
13:30 Mela
14:30 Pasella
15:30 7de Laan (Omnibus)
18:00 It's Gospel Time
19:00 Nuus
20:00 Ga Re Dumele
20:30 Interface
21:00 Freedom Riders
22:00 Motive
23:00 Smallville
00:00 Saath Phere
01:00 SABC News International

Top Pick This Week


Senna

MONDAY

05:30 Growing Tomorrow
05:57 Motheo
06:00 Morning Live
08:00 Parliament: A View From The House
08:30 Magical World Of Luna-Belle
09:15 Magical World Of Luna-Belle
09:30 Tree Fu Tom
10:00 Takalani Sesame
10:30 Rivoningo
11:00 Super Nanny
12:00 Dr Phil
13:00 Days Of Our Lives
14:00 7de Laan R
14:30 Love That Girl
15:00 Skeem Saam
15:30 Muvhango R
16:00 Hectic Nine-9
17:00 One Piece
17:30 News (Venda/ Tsonga)
18:00 When Duty Calls
18:30 7de Laan
19:00 What's Behind The Wall
19:30 Mali
20:00 Teen Wolf
21:00 Muvhango
21:30 Moferefere Lenyalong
22:00 Heaven Ain't Hard To Find
00:00 Numbers
01:00 Open Universary

Fun Fact
Teen Wolf
TYLER POSEY was considered for the role of Jacob Black in *Twilight*.

TUESDAY

05:30 Growing Tomorrow
05:57 Motheo
06:00 Morning Live
08:00 Infomercials
09:00 Inside The Baobab Tree
09:30 Tree Fu Tom
10:00 Takalani Sesame
10:30 Rivoningo
11:00 The Golden Years
11:30 Our Moments
12:00 Dr Phil
13:00 Days Of Our Lives
14:00 7de Laan R
14:30 Mali
15:00 Skeem Saam
15:30 Muvhango R
16:00 Hectic Nine-9
17:00 One Piece
17:30 News (Venda/ Tsonga)
18:00 Ngula Ya Vutivi/ Zwa Maramani
18:30 7de Laan
19:00 Nuus
19:30 News
20:00 What's Behind The Wall
20:30 Ba Kae
21:00 Muvhango
21:30 Powerball
21:34 It's Gospel Time
22:30 Open University
23:30 Dr Phil
00:30 SABC News International


7de Laan

WEDNESDAY

05:30 Growing Tomorrow
05:57 Op Pad
06:00 Morning Live
09:00 Inside The Baobab Tree
09:30 Tree Fu Tom
10:00 Takalani Sesame
10:30 Riviningo
11:00 It's For Life
11:30 48 Hours
12:00 Dr Phil
13:00 Days Of Our Lives
14:00 7de Laan R
15:00 Skeem Saam
15:30 Muvhango R
16:00 Hectic Nine-9
17:00 One Piece
17:30 News (Venda/ Tsonga)
18:00 Motswako
18:30 7de Laan
19:00 Ba Kae
19:30 Mali
20:00 What's Behind The Wall
20:30 Ba Kae
21:00 Muvhango
21:30 Tokolosi
22:00 Afro Cafe
23:00 Teen Wolf
00:00 Open University
01:00 Dr Phil
02:00 SABC News International


Afro Cafe

THURSDAY

05:00 AM Shopping
05:30 Kiddies
06:00 Expresso
08:30 The Dr Oz Show
09:30 3 Talk R
10:30 Generations: The Legacy
11:00 Isidingo R
11:30 7de Laan
11:30 Magnum
13:00 News
14:00 The Meredith Vieira Show
15:00 The Dr Oz Show
16:00 3 Talk
17:00 Days Of Our Lives
18:00 The Bold And The Beautiful
18:30 News
19:00 Isidingo
19:30 Man Cave
20:00 Voetspore
20:30 Top Billing
21:30 TBA
23:25 Sports Wrap
23:30 2 Broke Girls
00:00 Miami Vice
01:00 The Meredith Vieira Show
02:00 3 Talk R
03:00 Steven And Chris
04:00 The Dr Oz Show

FRIDAY

05:00 AM Shopping
05:30 Kiddies
06:00 Expresso
08:30 The Dr Oz Show
09:30 3 Talk R
10:30 Generations: The Legacy
11:00 Isidingo R
11:30 7de Laan
14:00 The Meredith Vieira Show
15:00 Neill Anthony Private Chef
15:30 TBA
16:00 3 Talk
17:00 Days Of Our lives
18:00 The Bold And The Beautiful
18:30 News
19:00 Isidingo
19:30 TBA
20:30 TBA
22:30 Nikita
23:30 The Client List
00:30 Voetspore
01:00 The Meredith Vieira Show
02:00 3 Talk R
03:00 Steven And Chris
04:00 Kojak

Fun Fact
2 Broke Girls
EVERY episode name starts with 'And', as in '*2 Broke Girls And...*'

SATURDAY

06:00 Neighbourhood – Me And My World
06:32 Play Network
07:00 Special Agent OSO
07:30 Batman: The Brave And The Bold
08:00 Gloss It Up
08:30 Technorati
09:00 Cooking Magic
09:30 Which Way
10:00 Hannah Montana Forever
10:30 Music Moves Me
11:00 An Nur
11:30 Sunday Sadhana
12:00 DTV
12:30 The Bold And The Beautiful
15:00 Extreme Makeover
16:00 Swartwater
17:00 Voetspore
18:30 News
19:00 Pop-Up
19:30 TBA
21:30 Desperate Housewives
22:30 Hot In Cleveland
22:55 Sports Wrap
23:00 The Big Bang Theory
23:30 The Mating Game
00:30 Meeulanders
01:30 An Nur
02:00 Sadhana
02:30 DTV
03:00 Fokus

SUNDAY

05:00 AM Shopping
06:00 I Am A Work Of Art
06:33 Thundercats
07:03 Play Network
07:09 Challenge
07:30 Young Justice: Invasion
08:00 Imagination Movers
08:30 Kiddies TBA
09:00 Snazzy Stories
09:30 Whip The Chef
10:00 New Day
10:30 Isidingo (Omnibus)
12:30 Top Billing R
13:30 Amazing Race
14:30 TBA
16:30 Neill Anthony Private Chef
18:30 Minute To Win It
19:00 Fokus
19:30 True To Form
20:27 Filler
20:30 Special Assignment
21:00 Chicago Fire
22:00 Supernatural
23:00 N.C.I.S.
00:00 Revenge
01:00 Days Of Our Lives

MONDAY

05:00 AM Shopping
05:30 Kiddies
06:00 Expresso
08:30 The Dr Oz Show
09:30 3 Talk R
10:30 Generations: The Legacy
11:00 Isidingo R
11:30 7de Laan
14:00 The Meredith Vieira Show
15:00 The Dr Oz Show
16:00 3 Talk
17:00 Days Of Our Lives
18:00 The Bold And The Beautiful
18:00 News
19:00 Isidingo
19:30 The Big Bang Theory
20:30 Survivors
21:30 N.C.I.S.
22:30 Wild Africa
23:30 Special Assignment
00:00 Airwolf
01:00 The Meredith Vieira Show
02:00 3 Talk R
03:00 Steven And Chris


Isidingo

TUESDAY

05:30 Kiddies
06:00 Expresso
08:30 The Dr Oz Show
09:30 3 Talk R
10:30 Generations: The Legacy
11:00 Isidingo R
11:30 7de Laan
13:00 News
13:27 Africa News Update
14:00 The Meredith Vieira Show
15:00 The Dr Oz Show
16:00 3 Talk
17:00 Days Of Our Lives
18:00 The Bold And The Beautiful
18:30 News
19:00 Isidingo
19:30 The Mentalist
20:30 Nikita
21:30 Hostages
22:30 Desperate Housewives
23:30 Fokus
00:00 Magnum
01:00 The Meredith Vieira Show
02:00 3 Talk R
03:00 Steven And Chris
04:00 The Dr Oz Show

WEDNESDAY

05:00 AM Shopping
05:30 Kiddies
06:00 Expresso
08:30 The Dr Oz Show
09:30 3 Talk R
10:30 Generations: The Legacy
11:00 Isidingo R
11:30 7de Laan
13:00 News
14:00 The Meredith Vieira Show
15:00 The Dr Oz Show
16:00 3 Talk
17:00 Days Of Our Lives
18:00 The Bold And The Beautiful
18:30 News
19:00 Isidingo
19:30 Dallas
20:30 Konings
21:30 Hawaii Five O
22:25 Sports Wrap
22:30 House Of Lies
23:00 CSI: New York
00:00 Kojak
01:00 The Meredith Vieira Show
02:00 3 Talk R
03:00 Steven And Chris
04:00 The Dr Oz Show

THURSDAY

05:00 Grassroots
05:25 e-Insert
05:30 e-News (African Language)
06:00 Sunrise
08:00 e-News (African Language)
09:00 Rhythm City R
09:30 Scandal! R
10:00 Ekse: Let's Talk With Masechaba Lekalake
10:30 The Young And The Restless R
11:30 Checkpoint
12:00 Downtown Hunters
12:30 Backstage
13:00 News Day
13:30 WWE Raw
14:30 Peppa Pig
14:35 Cool Catz
15:00 SpongeBob SquarePants
15:30 Jackie Chan Adventures
16:00 Craz-e World Live
16:30 The Queen Latifah Show
17:30 e-News Early Edition (Zulu/Sotho)
18:00 Ekse: Let's Talk With Masechaba Lekalake
18:30 Rhythm City
19:00 e-News Prime Time
19:30 Scandal!
20:00 Late Night News With Loyiso Gola
20:30 e-News
21:00 Cruel Intentions
23:00 Goodbye Lover
01:05 Cruel Intentions
03:15 Obese: A Year To Save My Life
03:45 Love In The Wild
04:40 The Planet's Funniest Animals

FRIDAY

05:00 Life By Design
05:30 e-News (African Language)
06:00 Sunrise
08:00 e-News (African Language)
09:00 Rhythm City R
09:30 Scandal! R
10:00 Ekse: Let's Talk With Masechaba Lekalake
10:30 The Young And The Restless R
11:30 eKasi: Our Stories
12:30 Backstage R
13:00 e-News Day
13:30 WWE Smackdown
14:30 Barbie And The Three Musketeers
16:30 The Queen Latifah Show
17:30 Reed Between The Lines
18:00 Club 808
18:30 News
19:00 Rhythm City
19:30 Scandal!
20:00 Traffic
20:30 News
21:00 The Sum Of All Fears
23:35 Ride Or Die
02:20 Medical Detectives
02:50 Ride Or Die
04:35 The Planet's Funniest Animals

SATURDAY

05:00 Medical Detectives R
06:00 The Planet's Funniest Animals
06:35 Cool Catz
07:00 Peppa Pig
07:05 Cool Catz
07:30 Monsters Vs Aliens
07:45 Mike The Knight
08:00 Dora The Explorer
08:30 Dr Dimensionpants
09:00 Sistahood
09:30 Scandal! (Omnibus)
11:30 WWE NXT
12:30 The Close Up
13:30 The Planet's Funniest Animals
14:15 Barbie: A Fashion Fairytale
16:00 SAF3
17:00 WWE Smackdown
18:00 e-News Early Edition
18:05 I Love South Africa
19:00 e-News Prime Time
19:30 Meet the parents
21:40 The 41-Year-Old Virgin Who...
23:30 America's Got Talent
00:25 e-Shibobo
00:55 The Darkside
02:45 What About Joan

SUNDAY

05:30 Creflo Dollar
06:00 e-Shibobo
06:30 Grassroots
07:00 Checkpoint
07:30 Hillsong
08:00 Peppa Pig
08:05 Cool Catz
08:30 Street Football
09:00 Max Steel
09:30 ShizNiz
10:00 I Love South Africa
11:00 Vaskap Angling
11:30 UEFA Magazine
12:05 Kuyasha Igagasi
14:25 TBA
16:00 Extreme Makeover: Weight Loss Edition
17:00 WWE Raw
18:00 News
18:05 I Shouldn't Be Alive
08:30 Gumba
19:00 e-News Prime Time
19:30 How I Met Your Mother
20:00 Babylon A.D
21:50 Platoon
00:15 America's Got Talent
01:10 Obese: A Year To Save My Life
02:35 e-Shibobo
02:45 Medical Detectives
03:25 Hollywood On Set
03:35 Crime Seen
04:35 e-Insert

MONDAY

05:00 Creflo Dollar
05:30 e-News (African Language)
06:00 Sunrise
08:00 e-News (African Language)
09:00 Rhythm City R
09:30 Scandal! R
10:00 e-Shibobo
10:30 The Young And The Restless R
11:30 Great Expectations
12:30 Backstage
13:00 e-News Day
13:30 WWE NXT
14:30 Peppa Pig
15:00 Mike The Knight
15:30 Monsuno
16:00 Sistahood
16:40 The Young And The Restless
17:30 Paternity Court
18:00 Katch It With Khanyi
18:30 Rhythm City
19:00 e-News Prime Time
19:30 Scandal!
20:00 Seinfeld
20:30 Vat n Sit
21:00 Umlilo
22:00 Stripper
23:50 The Planet's Funniest Animals
00:20 Shimatsatsa: The Music Of An African Genius
00:50 Obese: A Year To Save My Life
01:45 Hollywood On Set
02:15 Ekse: Let's Talk With Masechaba Lekalake
02:45 Bette!
03:15 The 24 Hour Woman

TUESDAY

05:00 Hillsong
05:30 e-News (African Language)
06:00 Sunrise
07:55 Faith Today
08:00 e-News Sunrise
09:00 Rhythm City R
09:30 Scandal! R
10:00 Katch It With Khanyi R
10:30 The Young And The Restless R
11:30 Great Expectations
12:30 Backstage
13:00 e-News Day
13:30 WWE Superstars
14:30 Peppa Pig
14:35 Cool Catz
15:00 Dora The Explorer
15:30 Pokémon: DP Galactic Battle
16:00 ShizNiz
16:40 The Young And The Restless
17:30 Paternity Court
17:55 Ekse: Let's Talk With Masechaba Lekalake
18:30 Rhythm City
19:00 e-News Prime Time
19:30 Scandal!
20:00 Ashes To Ashes
20:30 News
21:00 Ekasi: Our Stories
21:30 Checkpoint
22:00 UEFA Champions
00:45 Man On Fire
02:40 Bette!
03:10 America's Got Talent
04:00 Crime Seen

WEDNESDAY

05:00 Downtown Hunters
05:30 News
06:00 Sunrise
07:15 Thomas And Friends
08:00 e-News (African Language)
09:00 Rhythm City R
09:30 Scandal! R
10:00 Ekse: Let's Talk With Masechaba Lekalake
10:30 The Young And The Restless R
11:30 Great Expectations
12:30 Backstage
13:00 e-News Day
13:30 Just Shoot Me
14:00 Paternity Court
14:35 Cool Catz
15:00 Sanjay And Craig
15:30 Craz-e Frenzy
16:00 Supa Strikers
16:30 The Queen Latifah Show
16:40 The Young And The Restless
17:30 e-News Early Edition (Zulu/Sotho)
18:00 Ekse: Let's Talk With Masechaba Lekalake
18:30 Rhythm City
19:00 e-News Prime Time
19:30 Scandal!
20:00 Ashes To Ashes
20:30 e-News
21:00 WWE
22:00 Murder At the Presidio
23:50 America's Got Talent
00:45 Ekse: Let's Talk With Masechaba Lekalake
01:15 Murder At The Presidio
02:55 Love In The World
03:50 e-Shibobo
04:20 Zulu Nation – Adapting To Changing Times
04:45 The Planet's Funniest Animals

Top Pick This Week







Gig Guide

Your Gig Guide: Where YOU Should Be Seen



April 16 – 22

April 18
Mafikizolo Reunited Tour
The Boardwalk Festive Lawn Area, Port Elizabeth.
Tickets are R200.

April 18
The Independence Celebration Gala
City Hall, Cape Town. Tickets from R100 – R150.

April 22
Riaan Hunter In Concert
Baxter Theatre, Cape Town. Tickets are R35.

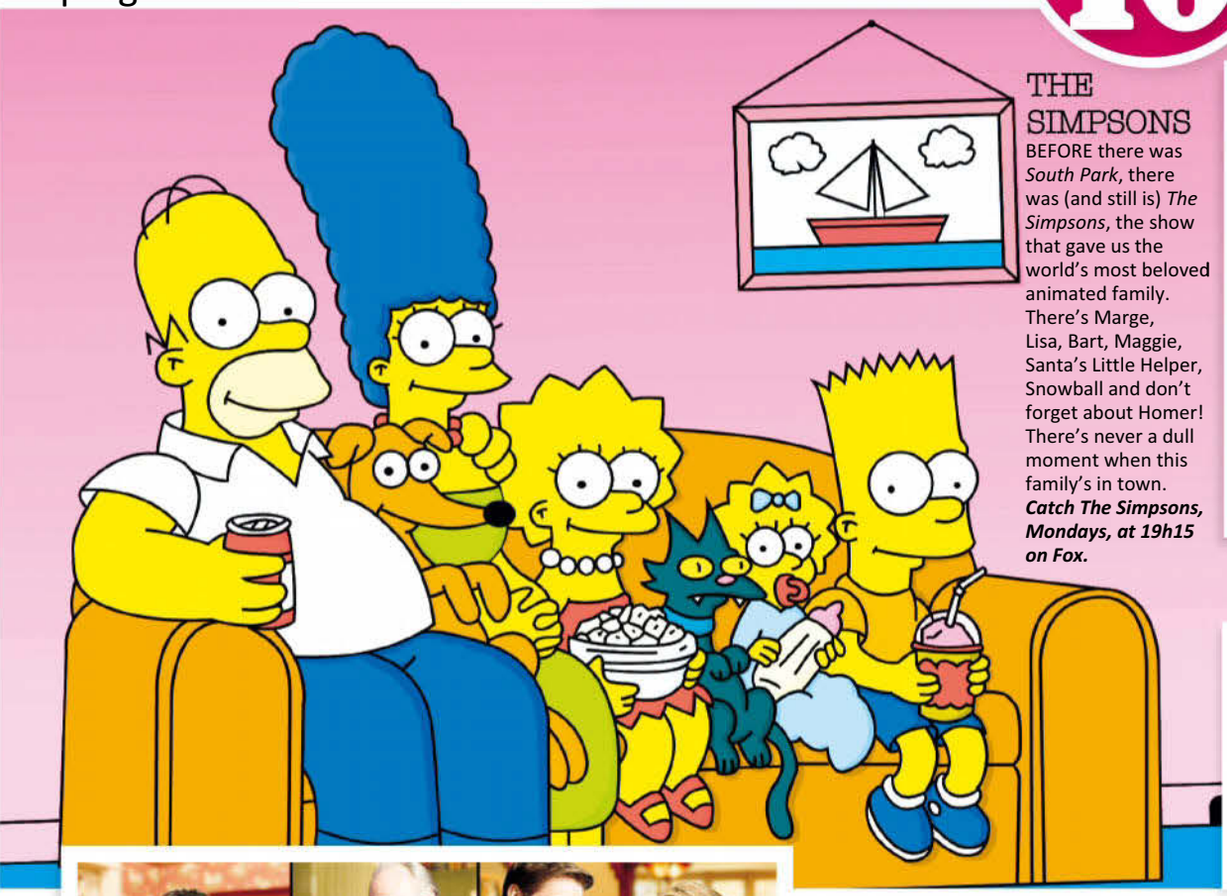
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people's guide to the best programmes this week...

TOP 10 DStv PICKS

April 16 – 22



THE SIMPSONS

BEFORE there was *South Park*, there was (and still is) *The Simpsons*, the show that gave us the world's most beloved animated family. There's Marge, Lisa, Bart, Maggie, Santa's Little Helper, Snowball and don't forget about Homer! There's never a dull moment when this family's in town. ***Catch The Simpsons, Mondays, at 19h15 on Fox.***



BORN TO DANCE

DO you have rhythm and are you brave enough to dance? If so, diarise this show! *Born To Dance* follows choreographer **Laurieann Gibson** as she coaches 20 dancers who are hoping to win a cash prize. ***Catch Born To Dance, Fridays at 17h00 on BET.***

HAPPILY DIVORCED

ACTRESS **Fran Drescher** stars in this comedy series based on her real-life experiences. She plays a Los Angeles florist, Fran, whose marriage ends after 18 years when her husband reveals he's gay! Watch how this couple stays happily divorced. ***Catch Happily Divorced, Wednesdays at 19h50 on Comedy Central.***



PARENTHOOD

AS their parents deal with life and marital issues, four siblings lean on one another while tackling the challenges of modern family life in this updated reworking of the 1989 film of the same name. ***Catch Parenthood, Wednesdays at 20h30 on Vuzu.***



TATTOO NIGHTMARES

THINK before you ink! Make sure not to miss upcoming episodes of *Tattoo Nightmares*. Join ordinary people with weird-looking tats as they seek help from the best cover-up tattooists and go under the needle to see if their nightmare can be turned into something dreamy. ***Catch Tattoo Nightmares, Fridays at 21h00 on Sony Max.***

REAL HOUSEWIVES OF ATLANTA

JOIN these powerful women as they show off their fabulous lives in Georgia. If you're career-driven, into catfights, romance and have a passion for fashion, this show is for you! ***Catch Real Housewives Of Atlanta, Thursdays at 20h30 on Vuzu AMP.***



THE BOONDOCKS



CATCH this animated sitcom following some of the most outspoken and hilarious characters ever, like Robert 'Granddad' Freeman and his two trouble-making grandsons Huey and Riley. Granddad hopes to ignore the grandkids and enjoy his golden years in peace, but the kids have different plans, torturing each other and provoking others in the neighbourhood. ***Catch The Boondocks, Wednesdays at 22h00 on Vuzu.***

MARRIED TO MEDICINE

THIS reality show follows socialite women based in Atlanta – but there's a twist: The women featured are either doctors or married to doctors. Watch while cameras follow these ladies as they try to juggle their careers with family lives and social calendars. ***Catch Married To Medicine, Mondays at 19h30 on Vuzu.***

GETTING ON

GETTING ON follows the daily lives of nurses and doctors who attend the needs of elderly female patients at Mt Palms Hospital in Long Beach. Watch these professionals as they deal with life's complications and conflicting agendas, both professional and personal. ***Catch Getting On, Tuesdays at 21h30 on Vuzu.***





FASHION BLOGGERS

ARE you a fashion fanatic or interested in following the latest fashion trends? This show follows the fast-paced lives of Australia's top independent bloggers of fashion, beauty and lifestyle. ***Catch Fashion Bloggers, Mondays at 20h00 on E!***

Mark Pilgrim

THEY'RE big South African names now, but it wasn't always the case for these celebs.

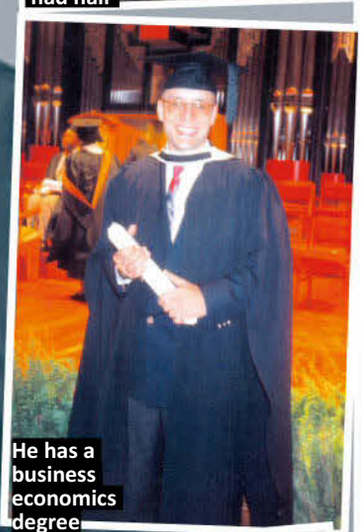
Before They Were Famous...

BY ANGELA BEKIARIS





Matric Dance night – when he 'had hair'



He has a business economics degree



Mark was involved in market research

FAME and fortune hasn't come easy for some of our favourite local celebrities. Before hitting it big – and before earning the big bucks – they were just like the rest of us ordinary folk. We dig into their past and find out more about the stars... before they were famous. This week it's all about South African media personality, master of ceremonies, professional voice artist, corporate deejay and motivational speaker **Mark Pilgrim.**

- **MARK** was born in Kent, England.
- HE calls himself 'trailer trash' because he grew up in a trailer park in a small village called Allhallows.
- HE had always dreamed of achieving a better life.
- HE came to South Africa at the age of nine, already knowing that he wanted to be a radio DJ when he grew up.
- AT 12 he walked around the streets of Kriel, Mpumalanga with a battery-operated microphone and speaker, making announcements about lost dogs – which he made up.
- HE matriculated in the Free State at Sasolburg High School – and jokes that he had hair at his matric dance in 1986.
- BEFORE becoming a radio host, **Mark** completed a degree in Industrial Psychology and Business Economics.
- **MARK** was a quantitative consumer researcher for eight years.
- HE was the Johannesburg chairman of the SA Market Research Association in 1994.
- **MARK** was diagnosed with stage-four testicular cancer at the age of 18, which spread to his lungs and kidneys. After nine months of chemotherapy his cancer was found to be in remission.
- FROM the moment he went into remission, **Mark** decided to follow his dream and get into radio.
- HE credits his positive attitude towards life as the reason he's still alive today.
- HE used to make demo tapes at night while working as a consumer researcher, and sent countless demos to radio stations.
- IT took eight years before he managed to get his first radio show hosting the weekend graveyard shift on 5FM.
- THE star was always more of an academic at school than a sports person.
- HE got colours for Drama.
- WHILE in matric, **Mark** worked at a local supermarket as a cashier so that he could pay for the petrol for his first motorbike.
- ACCORDING to **Mark**, he didn't get to date many girls in school, partly because he did drama and because he didn't know how to 'sakkie sakkie'.

PEOPLE/HH/MED

HIS

VERSION OF **MEDICAL ASSIST**



HER

VERSION OF **MEDICAL ASSIST**
WITH 1st FOR WOMEN

EMERGENCY RESPONSE

By road or by air, we'll bring emergency services to the scene of your accident.

TRAUMA ASSIST

Get the counselling you need after a traumatic experience.

CRISIS CENTRE

Access to specialised centres in the event that you are sexually assaulted.

EXPO-SURE

Expo-Sure ensures that you and your family have full access to confidential HIV testing and treatment within the critical 72-hour window period after accidental exposure.

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